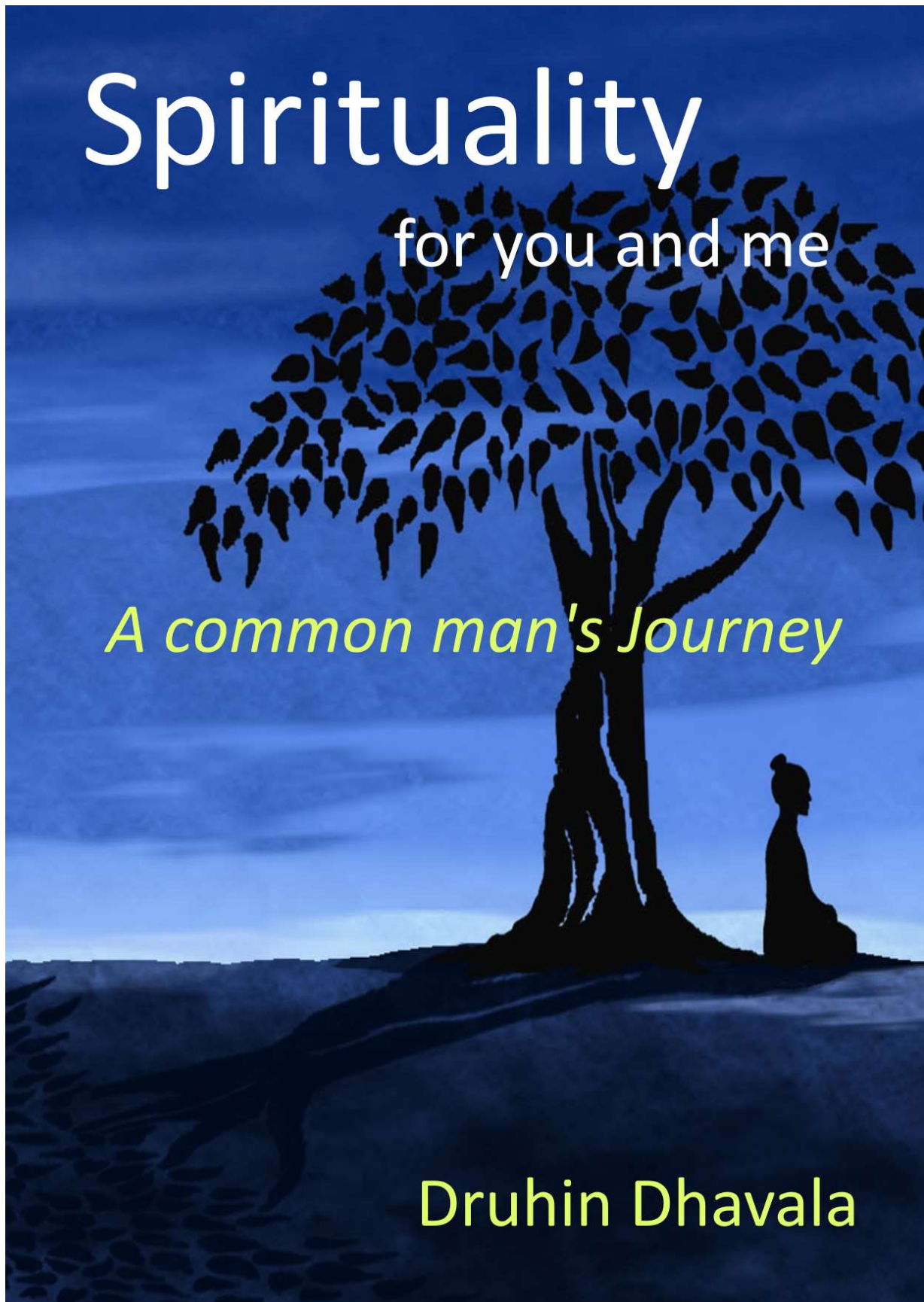


# Spirituality

for you and me

*A common man's Journey*

Druhin Dhavala



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## Acknowledgements

I would like to Thank my family and friends and everyone whom I directly or indirectly knew at the time of this writing. This path isn't something you walk alone.

Each and every person that comes into your life, teaches you something. That is the sole purpose of bonding/relationships/acquaintance. In this context, I have had the privilege of meeting many souls during my life who have taught so many things, not necessarily in a direct fashion, that I feel blessed to have had such associations.

I am deeply humbled that the Universe has not only given me the opportunity to walk the spiritual path, but is guiding me in sharing my experiences with all my fellow beings. I sincerely hope and wish that this book helps you get to your own spiritual goals and aspirations.

The idea of this book is that you will find everything you ever wanted or needed to know around spirituality as a topic.

This is my own journey into spirituality and I wanted to share it with everyone so it helps you, the reader in your own quest.

In reading, through this book if you encounter anything that felt like it hurt you because of the way I presented/wrote, I apologize ahead of time. Being a messenger, passing of information I acquired, to fellow beings is the sole objective of this endeavor.

Lastly and most importantly, I would like to thank **Raghavendra Rao Vencharla** and **Naresh Srinivasan** for helping with the Editing and proofreading process. Without their assistance, this wouldn't have been possible.

This book, hopefully is the start of many more to follow whereby I will cover many other fascinating topics that I learned/researched/experienced as part of my journey. Stay tuned...

## On Guru:

I have always felt that *You are your own guru*. In fact, all the gurus in the world will only teach you how to fish. Eventually it is you, who must take the action, go out and perform the act. Nobody can ever make you feel or experience spirituality or **the one**.

Think of the analogy of eating sweets. If you ate sweets and expressed your feeling to your friend in whatever way you can, all he/she can do is be happy for you. In the end, only when

your friend performs the same task would he/she experience the feeling you had. That too, may not be the same feeling you had, as each one of us are different.

I never followed anyone, never had any guru on this path of spirituality, I tread on my own.

Having said that, en-route I have been blessed to know of *Bhagwan Ramana Maharshi* and his lineage, whom I have accepted as my Guru who is guiding me through this experience that I am having now.

*Mooji baba*, a living direct disciple of *Bhagwan Ramana Maharshi*, is currently whom I consider my Guru. I have never met either of them and it was never a requirement. The very *Thought* of you accepting them as your *guru* is enough. They will help and guide you through your journey with or without your knowledge.

Answers will literally come and fall in your lap, if you ask the right questions and have the faith that your questions will be answered.

**Does one need a guru?** is a topic in itself. *If the time is right and student is ready who needs a guru, the guru will appear.*

## Preface...

Before one starts digging into Spirituality, we must understand why do we even need it, let alone define it to understand if this is something that aligns with the reader.

Let us try and understand the current context of society or an individual and then proceed from there. What exactly is an individual or even the entire human race aims for or wants? All wants/aims/ambitions/needs can be summed up in a single word, *Happiness*. Everything you can think of eventually culminates into this one single word.

Before 1900's, folks used to look for happiness in relationships/work/their life/everything they did. Today, we look for happiness in things.

- The more wealth we have, we assume we would be more happy
- The more name/fame we achieve, we assume we would be more happy
- The more smart/beautiful/attractive we look/feel, we assume we would be more happy
- The more society accepts/appreciates us, we assume we would be more happy
- And so on...

The common theme in all these is just one. We are looking for happiness in *things* rather than ourselves and our life itself. We have started to enjoy reaching the destination by completely ignoring the journey to the destination. That journey we ignore, is the most beautiful when compared to anything you would ever see/experience at your destination.



If your goal is to look for

- Inner peace
- Be content and happy forever
- Feel and look healthy all the time
- Be in every moment of breath you take
- Enjoy and make the maximum of every minute of your life on this planet

Then this book is *for you* and Spiritual path is what you should aim for. If not, then I am sorry that you have other ambitions and the entire world wishes you the best in whatever you do. Neither this book nor spirituality is for you, just yet.

## Tenets/Disclaimers/Rules in this book...

- Kindly read this book in a sequence and do NOT jump pages or chapters. This book isn't that long and purposefully written that way. However, skipping pages/chapters will lead one to missing the context/story line.
- If you feel that I have misstated something or am wrong, *Please teach me*. Everyone on this planet is my teacher.
- Anything you do/follow, *all consequences are your own decision*. I am NOT going to be held responsible for good/bad that you encounter after having read this book.
- *Please do NOT believe* anything written in this book. Research yourself on everything stated in this book. Ask more questions. Only when you personally either validate logically or experience/realize, you should follow the path, whatever it may be.
- Truth is Truth. You never have the need to question it. If you can question something, that automatically opens the door for a *New truth*.
- Everything in this book is my own personal experience/realization/understanding. I have NOT read ANY book on spirituality except for *The power of now*, only recently. I have NOT read Gita/Bible/or anything on those lines either.
- I don't follow any guru, but I am in the same path as *Bhagwan Ramana Maharshi* whom I was accidentally introduced, only recently. Since then he is my Guru. Mooji baba is the living form available to us in that lineage.
- I am sharing my experience/hard work for a small Fee, most of the net profits will be donated to charities. Please do NOT use any of the information presented here for commercial gains.
- I do NOT take FULL credit for everything in this book because you learn from everyone you meet up. So, in short, even though I am the *Channel* through which this book is being written, it is a collective effort of so many folks who have helped me through this path.
- There is Nothing that is new or original under the sun. Everything has been expressed/said/thought/written in the past. Likewise, there will be significant overlap in what is being stated in this book with many others. Presentation and content is how these differ
- Entire book is written from scratch and does NOT contain anything from any other book/sources

- I have NO intent in bashing anything or anyone or proving something wrong in this book. It is purely counterproductive. Moreover, I respect everyone's viewpoint and beliefs and have NO interest in swaying them one way or another.
- You can reach me with your feedback/questions/suggestions @ [bookfeedback\\_dd@hotmail.com](mailto:bookfeedback_dd@hotmail.com). I will revert as soon as I can.

# Chapter 1

## Life as it is today...

Ever wonder if the sole purpose of life only is to...

- Grow up/old
- Eat/Sleep
- Work/Earn
- Raise Kids
- Continue to Worry throughout your life
- and then one fine day... Die...

In pursuit of leading a good life, we forget to *live life*. In this era, it has become even more prominent. Nothing! I tell you, nothing that is out there is even a **Need** today, let alone a worthy of being a want. Back in the day, the mantra used to *Food, Clothes and Shelter* as the most basic human necessity. Not only has that transformed into wanting more and more (*for God only knows who and why*), humanity has been converted into a consumer based robotic entities that thrive on *wants* rather than *needs*. Think of all these for a second...

- We survived as species without Smartphones for 1000's of years, can't we now?
- We survived without the need for huge houses/cars/expensive clothing for 1000's of years, can't we now?
- We survived without eating out and eating all the unhealthy food for 1000's of years, can't we now?
- This list is endless...

Point I am trying to emphasize is that we have become the *mice in the hamster's wheel*. It must continuously run and keep running with nowhere to go and above all not knowing why it is doing what it is doing. When it is all tired and ready to die, the whole life flashes. In that one realizes that they have spent all their lives in a wheel that was continuously rotating without any destination. Only if one realized this soon enough, they would have chosen a different path, probably. By that time obviously it is too late.

This will be your second call at considering both, this book and spirituality as a path for you to pursue. If you still feel that everything that has been stated above makes sense and aligns with what/how you feel/think, then you can proceed ahead.

## Two questions to ask...

- Who am I?
- What is my purpose?

Try and answer these questions for yourself. If you have answers and are satisfied with them, then you don't need this book. But, *the condition* to answering the above is that you cannot use any tags given to you by society aka Name/Status/Personality/Profession/anything on these lines. As all of those were given to you, they don't define you *per-se*.

- You were **given** a name when you were born
- You were **given** a degree when you spent X number of years educating yourself through the system
- You **became** a husband/father when you got married
- And so on...

In all the above, you **got** all the tags. But they are NOT you. So, who is the real you? Moving on... What is your purpose in life? Are you sure your purpose in life is...?

- To be born
- Study through the schooling system for X number of your years
- Get a job / start a business
- Get married / have kids
- Save money / go on vacation
- and then die one day?

Once again, if you strongly believe this is all you were born to do, then this book *isn't* for you and neither is the spiritual path, just yet. If not, the above two questions should kickstart a beautiful journey of spirituality whereby your life will change forever. Not only will this impact you, everyone around you will start to see changes in their lives as well. Once you start emitting fragrance of love/spiritual living, it is bound to reach others and make their lives beautiful as well.

Unfortunately, NO amount of reading / books / gurus / meditation can answer these questions for you. Each one of us must find our own answers. This book is simply an attempt to show the path that worked for me, *an average Joe*. I am not implying that after reading this book you will find the answers. I am only showing the path that **may potentially** work for you as well. Whether it does or does not is something none of us know until we tread through it. My sincere hope is that you find what you are looking for.

# Chapter 1.1

## Introduction...

There are already so many books, gurus, free resources on this topic. Why would anyone in their right mind write up another one?

The answer is simple.

Almost all the resources out there look at Spirituality from the *Elephant and the 6 blind men* paradigm.

- One attempts at Calming the mind
- The other at detachment
- Another at devotion
- and so on...

*Elephant and the 6 blind men - An elephant comes into a village and there are these 6 blind men who pay a visit to it. Being blind, each person touches one part of the elephant and believes that it is all the elephant is made up of. Since they don't have a way of seeing the whole elephant, they conclude whatever they experienced by their touch/senses is what the elephant is all about. One touches the tail and imagines elephant to be just like a thick rope. Another feels the leg and correlates that with a wooden trunk. And so on...*

But what no resource offers is a single holistic view of what an *Enlightened Spiritual experience* is all about. This book is a *personal quest* and journey to find this answer. I want to share this beautiful journey with all my fellow beings.

*The beauty of this book is that not only this presents a clear direction on how to get onto being spiritual, this book for the most part will be extremely logical and scientific at the same time. Because in this information age, if one cannot explain themselves in intellectual terms, it wouldn't be an easy path. It would mostly be blind faith. And that is the last thing this book will want to aim for.*

If you are any curious like I am, you would first ask the question. Who is this person and what credibility does he have to write a book that I would need to invest in?

My name is *Druhin Dhavala (DD)* and I am NOBODY. Yes, I am a Nobody in this cosmos. I am a speck of dust that has been given this opportunity by the Supreme/the Ultimate/the Universal Energy to share my own personal experiences and journey with fellow human beings. This

book is a result of *years of Hard work/pain* and personal experiences. If this book **benefits** even **ONE soul** in their life/spiritual journey, my hard work is assumed to have paid off.

This book is being sold for a small fee. In this age, anything that is available for FREE is not considered worth the time. At the same time if it is too expensive, it is rejected as well. A small fee ensures reader has personal stake in the game. I don't need any money. Most of the net gain from the sale of this book will be donated to charities. The supreme/the creator has given me all that I need and will take care of me as long as I live. My only motive is to help others with the insights I have gained.

Few pointers about me...

- I do NOT come from any lineage.
- I do NOT follow any religion, per-se.
- I do NOT follow any GURU's, per-se.
- I do NOT possess any degrees/certifications/blessings from any institution/authority
- I have NOT read any religious/mythology books such as Gita/Bible/Quran

Before you decide NOT to read any further, request you to ponder on just ONE statement on what I am.

*I am a fellow being who wants to share own experience and journey with another fellow being.*

## Problem with conventional Spirituality...

Conventionally the following methods have been used for centuries as the path to attaining Spiritual excellence.

- Meditation
- Yoga
- Complete Surrender
- Bhakti or Devotion
- Seva or Service
- Following Guru

Each one is a lifetime participation and a study in itself. Which in turn means, one could spend all their lives and yet go nowhere. Each path will teach you what is known to them and how to walk the path. Unfortunately, most folks spend all their lives following one or more of the above and yet don't reach the much-deserved realization phase. Therein lies the problem. You cannot simply learn these things.

- If you learn, you will only know.
- If you experience, you will realize

How does one experience? Once you know the complete picture. Going with the previous example of 6 Blind men touching the elephant analogy. You might very well learn and become an expert in how the

elephant probably looks by feeling just one part, let us say its trunk, all your life. Yet you won't know how the whole thing potentially looks like. However, if you knew all the parts and could feel all of them, you stand a better chance of experiencing the Elephant as a whole. In turn, complete realization. I know this may not be the perfect analogy. Unfortunately, however, in fields such as this one, there isn't a straight forward logical explanation for most items.

## Endless loops...

All the systems are designed for one to go in an endless loop such that you think you are progressing and yet reach nowhere even after spending all your life. Some common examples below

- You start earning without knowing how much to earn and spend all your life doing so, only to realize you didn't know why you did all that you did
- You start buying stuff that you don't even know and continue to do so as new items show up on the market without knowing how long you plan to repeat this cycle and for what purpose
- You start with one TV show and end up watching either the same or multiple of those for years to come without knowing when it will end and why you are doing whatever you are doing
- In today's world of Social Media, one picture shared that gets lots of likes starts a never-ending journey of taking pictures only to satisfy our ego of getting more likes
- The list could go on...

Likewise, the story goes with conventional methods of spirituality as well

- You continue to meditate for a long time and probably don't realize anything.
- You continue to be in a *Complete surrender* mode through your entire life and yet don't get where you are destined for
- And so on...

The main reason for this loop is because you are looking at only one part of the elephant. If only you could look at the whole elephant before you began your journey, your path would be completely different and potentially on a fast track. Further problems...

- Meditation
  - Learning to meditate by concentrating on a single entity (breath / light / etc.) isn't as easy as it sounds. Could take many months/years
  - Learning to tame the monkey mind and have only a single thought isn't easy and could again take a lifetime
  - With so many responsibilities/daily problems/stress/lifestyle/future planning etc., meditating on one single thought isn't a cake walk
- Complete Surrender
  - Even after you have assumed that God/Creator is your guru and he/she will do whatever you need in your life, that may or may not really get you to where you want
  - In an era where folks aren't even satisfied with all the proofs in the world, surrendering to someone/something that we cannot even see begets questioning and hence cannot be ideally done without a pinch of doubt
- Guru

- You could spend a whole lifetime to just find the right *guru*
- Assuming you are lucky and found one, the odds of guru teaching you in the lines of what he/she experienced vs what you could learn/experience is a rarity
- Guru can only show you the path, you must eventually walk it. With so much baggage on your shoulders, this isn't an easy task

There are some or the other steps missing in all these because of which one spends more time than is needed in the path to realization. What if you look at the problem in its entirety and can follow a path that combines these? That way you are bound to make headway progress and reach your spiritual goals faster than any other mechanism.

### Quit those endless loops...

The easiest way out of all this is to go into a jungle and start meditation. Unfortunately, neither is it practical today nor should be followed in a *cowardly manner* leaving your family/responsibilities behind and running away from them. Instead we must find a way with which we continue to live our regular life, yet attain all what folks only dream of. When looking at spirituality in a holistic fashion, the ingredients of this dish that must be *dissolved* are as below.

- EGO
- Attachment
- Self being the doer
- Left brain dominance
- Indiscipline
- Non-Compassion
- Over-indulgence (TV/Social media etc.)
- Closed minded thinking
- Poking nose into everything there is out there

Once the above entities are removed/dissolved from a person's life, one is already at a point in spiritual path which is lot farther than the most, or he/she would have found his/her path to traverse. All the above when dissolved, lead to a life whereby you are always in a state that leads to the following.

- A meditative state because you are detached from everything.
- This in turn means you are devoid of thoughts or at least not as many as you had earlier. Meaning, you are indeed a step closer to real meditation without effort
- With less or no attachment, you are now attached to your real self aka the Universal energy/God and this leads to Complete surrender
- You become your own Guru. It doesn't mean you cannot still follow others and gain/learn from their experience and get their blessings. Just that you have now understood the real meaning of being a student and learning from a Guru.



## Who is this book for...?

This book is for

- Anyone who wants to get into spirituality
- Anyone who didn't know how to start and where to look for resources
- Anyone who is already in this path
- Anyone who simply wants to *know thyself* and learn how to be at peace
- Anyone who just wants to go on an adventurous journey
- Anyone who wants to understand Spirituality from a Scientific and Logical perspective

## Spirituality - what it is and what it is not...

- Are you at a point in life where you are looking for meaning?
- Are you trying to find your true purpose?
- Are you fed up with the *status quo*?
- Are you stressful all the time?

If you have answered yes to any of the above, then you are at the right place at the right time. Even if you answered NO, this book is going to lead you through a journey you have never encountered earlier in your life. At best, you are going to take something away from this experience.

This book has been written from the viewpoint of a person who has no idea of what spirituality is all about and want to learn how to walk this path and get to the ultimate. If you are already in this path, this book will augment your own understanding/principles and assist you further.

Before we dig into this, we must set some basic premise of What Spirituality is and what it is NOT. Let us start with *What it is not*. If we understand what it is not, we can search what it is. In doing so, you will notice that 95% of what you believe Spirituality to be, is not. Ok, no more confusing words.

## What Spirituality is NOT.

### 1. Spirituality is different from Religion

This statement alone will negate over 90% of what people believe being spiritual means.

*Religion has nothing to do with Spirituality.*

Religion was originally conceived to be *the spiritual guide*. Along the way, pretty much all religions lost the real meaning and purpose. Since this book isn't about religion nor do I have any intent on showing anything in this book in bad spirit, I would refrain from going any further. But please realize that...

*A Spiritual person need not be Religious.*

*A Religious person need not be Spiritual.*

*Likewise, both could coexist separately and together.*

2. Spirituality has nothing to do with the conventional definition of GOD

This statement should negate a good amount left out from the first statement above.

God, as has been portrayed in today's world isn't how it used to be. Today, God has become a symbol of some entity that nobody can see but must believe blindly or otherwise, such that all our wishes may come true with his/her help.

Again, I don't want to delve deeper into this controversial topic either.

*You might ask, if I don't clarify these two important aspects how on earth should I believe whatever you are going to say is true either?*

*Just stay with me, please...*

3. Spirituality is NOT a badge or a cult

Spirituality isn't a cult or a theme. This is serious stuff. Please don't use this to exemplify your status or ego.

4. Spirituality is NOT an activity or a chore

Spirituality isn't something that you do when you have time. Usually folks take this up as a hobby or pastime after they are retired and completely out of all responsibilities.

Unfortunately, this isn't something you do. You actually become one.

5. Spirituality has nothing to do with time or schedule

Meditative state is a core element of Spirituality. What is taught everywhere is *how to meditate* such that you can concentrate on only one thing. In doing so, you can reduce or even eliminate the chatter in your mind completely. Unfortunately, however, this is a very narrow stream of experience. What if you can achieve a meditative state in which you live

for the rest of your life? The whole experience of your spiritual path now has a whole new meaning and feeling.

## What Spirituality IS...

Spirituality is..

- Knowing who you are
- A Way of life
- How one attains peace within oneself
- How you can be healthier than how you would otherwise be
- Knowing the real God/the Supreme/the One/the Creator/the Brahman
- Knowing how connected you are with everything else
- And a lot more...

## How do I start this journey...?

Now that you understood the basic premise of Spirituality that we will discuss in this book, the next obvious question is *How do I begin?* What are the steps? How can I become enlightened? How can I attain the blissful peace?

As much as I would like to give a *5-step simple way to spirituality*, this isn't that simple. There are a lot more things to know, understand, experience before you get onto the path.

Bear in mind. Everyone wants a quick outcome. It is the *Pill culture* after all. What each one of us miss is *the journey itself*. The journey to the destination has become insignificant and that's where we as humans have lost touch with ourselves and spirituality.

We are going to go through a journey and by the end of the journey in this book you would realize you are already on the spiritual path without your knowledge. The only ask is that you are sincerely learning/knowing/experiencing and following all that is going to be discussed in the subsequent chapters.

Spirituality is all about *Coherence*. It is the interconnectedness of 3 things

- Mind
- Body
- Spirit

Mind and Spirit will be discussed as one (*spirituality*), for the sake of simplicity and not to overwhelm the reader. Body will be considered a separate stream on its own. Only when all 3 are aligned will one attain the greatness of spirituality.

The very first step in this direction is *Cleansing*. In several religious practices, before visiting a holy place (*Temple/Church*), one must take a bath. In the temple premises, one needs to wash their feet/hands. In some cases, they wear a cloth to cover their head/hair. If the very first step is cleansing, just to visit a temple that is external to *you*, how much effort must go in to cleanse your *inner-self* aka the Mind/Body/Spirit? Since Body is the sole entity through which one experiences everything else, including Mind/Spirit, it is imperative to know that cleansing of Body is the first and foremost activity one must perform in order to walk this path of spirituality.

## The Body - Cleanse...

Human body is the biggest marvel ever created. The complexity is arduous, in simple terms. I don't want to go into a whole lot of detail on the body aspect itself as it would require a whole book which I intend to write one day when time permits, after I wrap up this book. To keep things in perspective, we will concentrate on the cleansing aspect of our body.

Cleansing of the body is again divided into two parts

- Cleaning all the bad that sits in the body
- Continuing with a clean eating habits such that one remains clean from here on

Now this is going to be difficult and controversial. I am only stating/presenting stuff that I have personally validated and experienced after many years of research. I am NOT saying this is the *absolute truth*. All I am presenting is *what worked for me* and hoping it does for you as well.

## Cleaning the bad...

First step is to stop that is not good for the body in this path

- One must become a *Vegan*.
  - Ok, this might sound very odd. But in almost all cultures Buddhism/Hinduism/Jainism/Egyptian and even in Christianity (*as in the bible*), it is clearly stated that one MUST consume only plants/fruits. Animals are strictly prohibited unless one has NO other means of survival.

- I won't go into scientific reasons surrounding this as it is beyond the scope of this book, but one of the main reasons for this is that *without Compassion* you cannot attain *True spirituality*
- No Alcohol
  - The word *alcohol* is said to come from the Arabic term *Al-khul* which means *BODY-EATING SPIRIT (also, is the origin of the term ghoul)*.
  - Without again going into too much detail, a simple fact is that alcohol will subdue your senses. Spirituality is all about experiencing the truth *with* your senses. If you need *external stimuli* to experience the truth, then that experience is pretty much nullified.
- No Sugar
  - Limiting or complete elimination of Sugar only has good medical benefits. But from a cleansing standpoint, if not done, it will only continue to delay the process. Sugar is like a drug that will get you high, the same reason kids get hyperactive after consuming candy/sugar.

## Second step is to cleanse...

- Drink lots of water
- Start the day with freshly squeezed lemon water
- Start juicing with fresh vegetables and fruits, if not already
- Try to minimize or contain the time within which you eat food. Follow IF (*Intermittent fasting*)
- I will have another book dedicated to health alone as too much detail on that topic will deviate us from our main objective of Spirituality

# Chapter 2

## Pre-requisites for Spirituality...

Oh yes. This isn't going to be *walk in the park*. Spiritual gurus attained what they did, not by simply following a sedentary lifestyle sleeping around on the couches in the comfort of their homes watching TV. This is a journey that will test our inner and outer endurance, abilities, belief systems and most importantly our discipline. Discipline is the backbone for everything there is, be it your job/school/life/relationships. Likewise, Spirituality demands a very strict and disciplined personality. *List below in NO specific order.*

### Quality #1 - Discipline

This isn't going to be a military drill of sorts. Discipline here simply refers to having a strict routine for your own. Think of it this way. If one doesn't have a structure around how they function, everything is a mess. Structured and organized being is much more successful and peaceful because he/she doesn't spend time scrambling through stuff as everything is at its pre-defined place.

Now, one might ask. Why must I be disciplined for spirituality?

Any activity in life requires one to be disciplined.

- In Sports, if you don't practice daily, you don't get better at it.
- In life if you don't have a daily schedule and don't stick to it, your life will be in disarray
- If you don't eat/sleep at a scheduled time, your body will have trouble adjusting and won't be in harmony
- and so on...

In olden days and even today in some Gurukuls/Ashrams (*schools in India*) kids are expected to wake up in the wee hours and start their chores/practice/studies.

Skill will take you only thus far. When Skill is combined with Discipline, it is called *Passion*. Passion is what drives a person.

Take your first step into Spirituality. Setup a daily schedule and start out with your disciplined life right away. Steps to help in this, if not already being done...

- Sleep/Wake up/Eat daily at the same time

- Keep some time aside for Meditation/Reading, daily. Preferably at the same time
- If you do find some free time, contemplate and develop the urge to learn and be more spiritual

## Quality #2 – Controlling the senses

Of everything you will read in this book, this is where one must spend most of the time.

*If you don't control your senses, then senses will control you.*

What does this even mean in simple terms?

We have 5 basic senses, Smell/Touch/Taste/See/Hear.

Spirituality is all about going within oneself. Without controlling the bodily aspects of oneself, your journey within, won't even begin.

This is a very difficult topic in itself and there are many books out there. Without going too deep into this topic, a few pointers that will help in gaining control over senses...

- If you have an urge to EAT something, control it by maybe watching your favorite movie
- If you have an urge to watch TV, go out and play a game or something
- If you have the urge to Hear your favorite music, try cleaning the house

But how do you do it in real life though?

Take the *10 seconds test*. Count from 10 to 1, *backwards* whenever you face the urge and are unable to control your senses. Then try to divert yourself. With slow and steady practice, you will eventually overpower your senses and should be able to control it rather than the other way around.

Simply put. If you keep getting swayed away by whatever happens around you, then you would need to first get a hang of yourself and your senses. To keep things in perspective, we will need to unfortunately move on.

Also bear in mind, this isn't something that is related to spirituality alone. One who can control his/her senses, demonstrates a *very strong personality*. This in turn helps him/her in their day-to-day life as well.

## Quality #3 – Minding your own business (MYOB)...

This is the term I coined for my kids to easily remember. It is always good to help others and that's what we as humans must do. However, one must remember that even during a flight the attendant announces to secure your own oxygen mask before you can help others.

What this means is that unless you fix yourself first, there is no point in fixing others. Which in turn leads you back to *you*. Unless you know who you are, there is nothing you need to really know who or what another person is or does.

Now. I want to ensure we have scope defined for this MYOB.

I must mind my own business when...

- Things are being discussed that have no relevance to me or my life
- Someone says or thinks bad of you. It is their problem and NOT yours.
- Someone else goes past you, in your life or career. Again, it's their life and not yours
- When folks are gossiping or talking about each other or anything behind your back

This list is endless and I only wanted to give a high-level overview on what I was meaning to convey.

You obviously must attend to your life, your family, your job, and everything else that surrounds you as a person. This is your boundary or known as *Kshetra paripalana*.

#### Quality #4 – Become Extremely Open minded...

Everything you are going to read in this book, understand and eventually experience or realize aren't something that you would have a logical explanation for or could easily google it. All you must do is to at least keep an open mind and *Consider the possibility* of whatever is being narrated, exists. That alone will open the doors for further inquiry. I am NOT asking you to simply believe with blind faith. Please do NOT do that for anything you do in your life.

Imagine you are a fish living inside the ocean and have never actually seen a shore, let alone a whole world out there where two-legged people walk on hard surfaces and go in fast moving things (*vehicles*). Only when the fish considers the possibility of such a thing to exist will it actually a) look for it and b) actually experience it if it wanted to.

Open minded doesn't mean you just hear/see/learn things that are simply those that you are *ready* to accept as possibilities. Open minded means you are ready to learn and know things that you don't know.

If someone tells you that you can walk on water, don't just negate, or ridicule it because you don't know how to. Just consider the possibility that it *may actually be true*. *What if?* These two words combined together, convey the most powerful meaning in English and in any



language for that matter. Only when you start considering the possibility of such a thing exists, is when you would be keen to know and learn about it.

### Quality #5 – Left vs Right Brain...

Scientifically, Left brain is considered logical/manly/decisive/organized/methodical/analytical. While the Right brain is creative/imaginary/intuitive/loving/caring/compassionate.

The ONLY way to spirituality is to embrace your Right brain. One can NEVER be spiritual while being analytical or judgmental at the same time. You simply must keep your Left brain at rest while learning/practicing/implementing/experiencing spirituality. There is NO other way to this, *unfortunately*.

One cannot explain logically what Oneness means. It must only be *experienced*. This can only happen through your right brain. Left brain will continuously question it and hinder in your path asking ever more explanation to fit its logical needs even when Science has proven this through Quantum theory in certain ways.

### Quality #6 – EGO...

This, in my opinion is the single biggest quality that needs to be rid of for anyone to be on the spiritual path, let alone get somewhere with it.

The obvious question is, why do I need to a) worry about ego and b) get rid of it if I want to be on a spiritual path.

For this one must define

- Ego
- Duality
- Oneness and more

In simple terms Ego is the attachment of the self to the externally manifested self aka the physical you.

- I am a Boy/Girl.
- I am a student/entrepreneur/employee
- I am rich/poor/handsome
- I have dreams/home/cars
- and so on...

In all these examples, the *I* is the Ego. Now, to continue with a physical self needs some level of ego. What must get out is the *attachment* of the self with the phenomena. In short, the emotional baggage that comes with all of the above statements must be removed. Only then you will realize that *you simply are*. Nothing really changes in shedding the ego as it relates to the above statements. It is the exemplification of the self, which is removed from the picture.

Why is it one of the most critical elements of Spiritual path? If you always associate yourself with the I, detachment is NOT possible. Without detachment (*that we will learn shortly*) there is NO spirituality.

**Duality** – There are two selves'. One is the EGO self and the other one is the real self / Soul / God. When you remove and shed the outer shell aka EGO self, you merge with the One. Duality is removed and you embrace Oneness. These things will be more clear as we progress further in our journey.

### Quality #7 – Compassion...

Spiritual path isn't just about oneself, it is about the *whole*. You, as an individual don't live in isolation. There is a very complex ecosystem around us that enables us to continue living the way we do. Realize that *we are all one* and that nothing separates nobody. In this context, if one doesn't develop compassion and forgiveness towards other beings, becoming spiritual isn't going to happen. The reason to use just beings and NOT human beings in this context emphasizes the fact that anything that is alive is worthy of the same feeling and compassion that you demonstrate for your family, friends, and anyone else out there.

This leads us to another controversial topic of Food habits.

**Personal Opinion** – Without compassion and care for animals that lead us to becoming a Vegan, there is NO spirituality.

### Quality #8 – TV and Social Media...

Ok, this will be the toughest one to let go. But practically speaking, when was the last time you heard or saw an enlightened person watching news on TV or spending hours on Facebook? There is a reason these sages moved out of cities to quieter places. You don't have to leave and go. All you must do is leave the attachment to these things while being present here and right now. After all, there is NO tangible value you source out of all this.

If you are serious about your spiritual path, you must start slowly shedding those habits/things that are not relevant to your long-term goals/spirituality. The same way larva sheds its old to get the new, Butterfly, you must get rid of what is old and not needed in the *new you*.

I am obviously not saying that you must close out all Social media accounts and stop watching TV completely. All I am saying is, if your long-term goal is *becoming spiritual* you must spend more time on that aspect rather than things that are not going to help you get there.

One can obviously not become a great athlete by just watching all the videos on that sport. You must invest your time in learning and practicing it.

Prioritize what is important and aligns with your long-term goals.

### Quality #9 – Forgiveness...

This is one quality that is NOT for faint hearted people. It takes a lot of courage to forgive yourself, let alone others. When you make a mistake, simply love yourself and then forgive. Do the same for everyone else you encounter, even if it is the worst of your enemies. Forgiveness leads to Love and that is what our Creator/Supreme is all about.

### Quality #10 – Loneliness...

This is where most of us will be stuck. Humans have been told that they are social animals. Which in turn means we live in groups/herds/packs and lead a collective life. We all depend on one another for everything we do as part of our living.

If you take any inventor in whatever century, the sole quality they had was that they were *Lonely*. If you take any enlightened sage, they lived their lives in isolation/loneliness.

This doesn't mean one should run away from their lives/responsibilities and go start living in the jungle, *alone*. It merely means that you must start enjoying the *company of your own self*. If you cannot be your own *best buddy/friend*, everything else/everyone else would be insignificant.

This doesn't mean that you quit socializing either. The day you realize that being lonely *doesn't hurt* and is *truly enjoyable*, you have overcome the *fear of being lonely*, in the simplest terms. Only when you are alone, you have the time to reflect on the *self*.

## Quality #11 – Silence...

There is NO spiritual journey without this. Everything is in silence.

*The beauty of life is in **Nothingness***

And this nothingness is found only in silence.

Ok, all of this might sound too philosophical. Can this be translated into more practical thought? Ask yourself these questions and you will get the answer.

- Think of the last time you got a *great idea* when you were in a crowd full of noises all around – Probably never
- When you are too stressed out, what is the most common advice you were given – Go take a vacation (*where you can spend some time with yourself and your closest ones*)
- When you are stuck in a bad situation – You must spend some time in solitude to get the answers

Silence is the key to everything.

*If all you do is talk, you don't have enough time to listen and learn*

The best teacher in the world is *Silence*. If you are silent in a classroom where teacher is teaching, why can't we apply the same rule in our own lives? Staying as silent as we can, the teacher aka *Life* can teach us everything we ever wanted to know.

## Tips to help being Silent...

Only 2 rules...

- Speak only when you are expected to
- Speak only when your words are going to be better than your silence

So long as you can follow these basic rules, you will practice Silence and will reach a point of peaceful state that will help you further your spiritual journey.

**Putting it all together.** These are the qualities that are pre-requisites for your spiritual journey/attainment. It is ideal to possess or acquire them before the journey. But if you plan to get into them as part of your journey, that is equally good as well.

- Discipline
- Controlling your senses

- Minding your own business
- Extremely open minded
- Left brain vs Right brain
- Ego
- Compassion
- TV and Social Media
- Forgiveness
- Loneliness
- Silence

# Chapter 3

## Path to Spirituality...

Why does one need to know the various paths before starting spirituality? Without knowing all your route options, you wouldn't know which one to take to reach your destination. Likewise, defining what options are out there is of utmost importance. This will help you decide which of the enlisted paths are closer to your liking/personality that you can go with.

There is NO point to Forced spirituality. You must obviously love the path. Only then you can walk it.

There are 2 streams to spirituality and this could get a bit technical. To keep things simple, I prefer to not get too engrossed with the technicalities. But at times when this can't be avoided, we just need to go with it.

- Gyani Marg
- Yogic Marg

### Gyani Marg

This is the path of Self-inquiry and is presumed to be the hardest. This path does NOT have a guru. You are your own guru.

Time to realization on this path could be a week or a lifetime. Time taken is based on your inquiry model and how you tread your own questions and move forward.

### Yogic Marg

This path usually has a guru and has many other sub-paths to choose from.

Time to realization on this path usually is extremely long. You must immerse completely in it and only then you start the realization process. This is synonymous to carefully peeling the onion, layer after layer.

The various components.

- **Bhakti aka Devotion Marg** – In this you choose a Guru/Lineage/God of your choice and religiously pray for your spiritual enlightenment through your devotion.
- **Yoga Marg** – Yes, yoga (*the exercises*) itself is a path with which one can attain spirituality. That is how or rather why it was originally created. Unfortunately, it has become a health fixing entity and a business, more than helping and guiding participants in their spiritual aspirations.
- **Seva Marg** – Seva or Free Service to others is another path that will eventually get you to your spiritual goals.
- **Surrender** – If none of the above work for you, just surrender yourself to the Supreme/Creator/Universe and let Him/Her help you lead your way through your spiritual path.

Now, there are many more that I may be missing here, but the idea was to show what is prominently out there for you to choose from.

Before you ask, I would like to mention that I have been into Gyani Marg all my life. And here I am, trying to share all that I learned/experienced. Gyani Marg is very simple. You simply question everything and the answers will simply pop out when the time is right. You will notice, initially, that these answers take a long time. But as you slowly get attuned to your path, these become more spontaneous.

*The only way to learn something, is to unlearn it*

Each one of us have our own understanding of what a particular thing is; whether it was taught at school/college, learnt on our own, learnt through our experiences or any other way. How do we know whatever we learned and have created a belief system around that, is actually correct?

The reason we don't know is because we never question what we know. We simply accept that whatever we know is always right. And then there is this ego component. If I have known something all my life to be something and today if I unlearn it and learn it in a new way, what would everyone around me think of me. This person was wrong all his life and it took him his lifetime to know that he was wrong and that he is now right?

This is the single biggest hurdle for most of us. Social acceptance. Now, I am not saying one should leave society and go live in the jungle. But it is you who must make this call.

- Do you want to live the rest of your life knowing that what you know is wrong and be happy with social acceptance?
- Do you want to know the truth and learn stuff the right way ignoring what others think because it is more important for you to know what is right, than to have other's acceptance of you?

Instead of using all these words, let us take an example.

**Example:** *We have all known throughout our lives that water is liquid and one cannot obviously stand on it. In your conversations with your friends, this is pretty much a given and known fact. But **what if** this understanding of yours is simply based on what you have been told and that it is wrong. There lie few things.*

- *First you must accommodate the idea that this fact that you knew all your life could possibly be wrong*
- *Then you need to figure out if you are really keen on knowing the truth*
- *How would your acquaintances react when you told them that there is a chance, albeit a small one, that we can actually walk on water? Will they call you crazy and are you ready for that? Will they leave you and go? Are you ready for that outcome?*

These are the questions that will obviously come to one's mind. If you are good to explore the truth, then all you must do next is

- Accept the possibility that we can walk on water
- What you learned about this topic all your life is probably wrong
- Start looking for the answer aka the truth

Only after you accept the possibility of *walking on water* as a reality will you start looking for it. If you have a closed mind and only want to accept what you already know, then under all likelihood, spirituality is NOT for you.

On the same lines, only when you consider the possibility that *God exists* is when you will start looking for God. In the absence of that acceptance, you are blindly believing that God doesn't exist.

Now that we have the basis for our Spiritual journey, let us get straight into it...



# Chapter 4

## How to become Spiritual...

Spirituality as most would think, isn't really a mantra or a cult that one must learn after many years of practice or sadhana. It is simply a *way of life*. I know this sounds more philosophical than practical. So, let's move on...

Let us start with a simple question and this question will become the cornerstone of our search for spirituality.

*Define who you are, without name/any tags that society has given you/physical or other appearance.*

As you must have figured out, this isn't as simple as it sounds. Therefore, sages in all ages have stated *know thyself*. If you don't know who you are, everything else you know or have learned becomes pale and insignificant.

## You are NOT your body...

This is going to be a very profound statement and reading. Please refrain from reading any further if you are NOT ready to digest facts that aren't easy otherwise.

There is a saying, *the very fact that you can see yourself means you are not your body*. Let this sink in for a second.

- You see a table in front you, it is NOT you.
- You see a field in front you, it is NOT you.
- You see a car in front you, it is NOT you.
- You see your hand in front you, it is NOT you. Err... Yes, how can that be you?

You are merely seeing a mental image of what is out there. Where exactly are you seeing this and how come you are not you?

## Arguments in favor...

Questions one must answer if you believe you ARE the body...

- How does one explain reincarnations? There are tons of documented and verified cases
- How does one explain NDE's, near death experiences, wherein folks were pronounced dead for many minutes, before they came back to life with abilities that they never had earlier?
- If you are your body, how do you explain *Dreams*? During Dream state, you experience all the reality as if it were real, yet the real YOU or your body doesn't participate. If reality is what you and your body perceives, what happens during Dreams to the body?
- If you are your body, what is *Soul*? For an intellectual brain, accepting soul as an entity of the body or the real YOU is difficult. For the time being, please stay with the questions as we will uncover these as we move along.
- If you are your body, what is *Consciousness*? Science is slowly catching up to the fact that everything you experience is perceived through the *Conscious you*.
- If you are your body and believe that the body experiences pain and pleasure, how does one explain people who have overcome the Body pain? Wim Hof, a ~60-year-old man can sit in a box filled with ice without any issues for hours. How does one explain this phenomenon, if He is his Body alone?

The list of questions is plenty and I know, folks will debunk each one of these. But what must be emphasized here is that there are so many questions around a single topic.

*Truth doesn't have a baggage of questions attached. Sun is the Sun. Nobody questions that.*

The very fact that so many questions are being raised that *You are not your body* stands at least a chance to be discussed further. Once you are open to such a possibility is when you start exploring the unknown.

### Arguments against...

On the other side, let us prove that *you are your body*.

- You can see yourself in a mirror/reflection/picture
- Others can see you as a physical entity
- You obviously feel pain/pleasure; however, this theory is challenged with the Win hof example above.

I ran out of anything else to add here. However, in these you are merely narrating what you/others perceive as who you are. If someone thinks you are not capable of becoming a CEO of company, does that make this statement true? NO. This statement is merely a perception of someone else. That doesn't make you. YOU must define whether you can or cannot become a CEO.

This analogy negates all the points we collected in favor of the argument *You are your body*, unfortunately. But proving one side wrong doesn't necessarily imply the other side is right either.

### Interpretation...

By taking two points into account, we at least have a strong case in favor of *You are NOT your body*.

- There are far too many questions that are in favor of *You are not your body*
- We have been unable to justify all the points in favor of *You are your body* as true.

Further questions to ask...

- In both arguments (*favor/against*), one thing that is common is *Perception*. If that is the case, who is perceiving and who is being perceived?
- If you think you are your body, who is it that is thinking and perceiving it to be?
- How does one perceive anything? Using senses. A person whose senses are lost, does that mean the person doesn't exist? **Ex:** Blind or a deaf person. They don't have one of the senses needed to perceive. Since one cannot see, does that mean he/she doesn't exist now that he/she cannot perceive?

### Science behind this...

All that we sense as human beings is merely nerve signals sent from a sensory organ (*skin/eyes/etc.*) to the brain. If one of the senses don't work, the brain won't receive the signal and hence interpretation or perception. Does this mean if someone loses all senses, the person doesn't exist? Far from reality.

But this question *does prove* that if we are merely experiencing everything in the form of signals inside the body that goes to the brain which in turn interprets reality, then we probably are NOT merely our body.

Pain medication and for that matter any other, all they do is temporarily stop the pain receptors. Which in turn means, the sense of pain from the organ that is hurt doesn't reach the brain. Pain in the organ persists. If you are really your body, this shouldn't happen. Your body is sum part of all organs. If any of your organs is in pain, you must feel it. But the very fact that science can selectively turn off the receptors and hence no pain is felt is a clear proof that *You are NOT your body*.

## Conclusion...

The idea here is NOT to take one-sided view and push an agenda. As much as is practically possible, both the conclusion as well as the story line will be balanced to get the truth out.

There is NO way to prove these kinds of things. All we can do is question ourselves. Eventually these questions will lead us to the truth. The questions raised in this book are merely examples and should be considered a starting point. Each one of you will have your own questions to ask, based on your own understanding/personality/etc.

For now, let us keep our mind open and go with the assumption that *You are NOT your body* and see how we build up on this. We will have enough opportunities to prove this one way or another.

## What is Reality?

In Indian mythology, the phrase *everything is an illusion (maya)* stands abound. Slowly science too is catching up to this as we will try to uncover this mystery here.

Let us start with asking a simple question, what is real?

- Is the food you are eating, real?
- Is the house you live in, real?
- Is the planet we live in, real?

What is real? How do we know it is real? How do we define real? If everything is simply a perception in our mind, how do we know something is real or not?

This is the biggest dilemma that science has been unable to solve and probably won't.

## Science behind this...

The way reality is seen and perceived by humans...

- The eyes see object
- Eyes send signal to the brain
- Brain then maps this information and creates an image
- This image that is constructed in the rear side of your brain is what you perceive as object being seen

- There is a lag of 1/billionth of a second (*Scientific fact*) between the time eye sees the object and brain perceives it

In today's world where hackers easily get in between a web page user and webpage service provider, imagine the possibilities that exist in the chain above as it relates to your reality. Not only do we not know what we see is real or not, it is so easy to manipulate it as well. What do you think magic tricks, hypnosis etc. are?

### Science, one step forward...

Science is now going to the extent and saying the following about our reality.

- It is a computer-generated program aka matrix
- It is a holographic projection
- It is a virtual simulation
- And so on...

As you know, Rumor doesn't exist without a bit of truth in it. Likewise, if these theories are showing up in scientific community now, is it possible that they can be true? At a minimum, we cannot rule those out when we ourselves are unsure of what our reality entails.

If everything we see is simply a mental projection of our senses, then what exactly is real and reality?

**Example:** *In the olden days, it was so difficult to create a movie scene where they had to gather large crowds. Movies with wars as an example. Because they had to literally gather that many people. Today however, nearly all movies are visual based. Meaning, it just takes seconds to create a crowd of 100,000 with literally NO real actors.*

*If humans can create crowds aka humans aka reality out of nothing from computer generate program, imagine the possibilities that exist out there when it comes to what our reality could be structured and how it can be structured/created. Next time when you walk in the crowd, you would question. If these are real people or are they simply...*

*Think about it for a second. When you walk in a crowd of say 100 people, how many do you interact with? Probably none. This will be stretching the reality equation a bit too far, but stick with me. How do you know that any of the 100 people are even real?*

### Arguments in favor...

- You can see, touch and feel everything
- Everything that you sense gives you a sense of them being real

- Everyone around me is real and everyone I know believes it to be that way

### Arguments against...

- What you see and feel are simply signals in your brain and hence defining reality is not as easy as visually experiencing it
- Everything could easily be manipulated/recreated/projected as wanted, so no way of knowing what we see is real

### Conclusion...

Not an easy way to conclude, but as always, let us keep an open mind and at least consider the possibility that Reality isn't what it seems like.

## Peeling the Onion, Detachment...

This might sound odd, but Spirituality is merely *Peeling the layers of Onion* and going back to the roots. Let us go through a lifetime/Cycle to understand this better...

### Onion Peel formation...

- Layer 1 – After Birth as a child, the kid is taught how to walk/eat/talk
- Layer 2 – At around age 3-4 the kid now starts going to school/starts learning mortar skills/culture/religion/social skills
- Layer 3 – At around 21-24 the grown-up adult starts earning/buys car and home/manages budget/does taxes
- Layer 4 – Gets married, has kids/plans for retirement/kids' education/vacation/future
- Layer 5 – Old age/health/Relationships

As you can see a seed that started off with 0 layers now has tons of layers on top of itself. Each layer is nothing but more information and belief system that we store in our brains and follow/become that.

### Onion Peel Removal...

Unlike destruction which is much easier than construction, unlearning and removing the peel off this onion called life isn't as simple. This, yet again, has been aptly narrated within old Hindu mythology as *Vairagya* or *Detachment*.

*The biggest attachment one should aim for is Detachment*

## Detachment...

You probably have read lots of WhatsApp and Facebook posts saying the following.

*You came with nothing and will leave with nothing. Everything that belongs to you in this material plane aka Earth will be left behind.*

This is the harsh reality. Nothing belongs to you/me/us/anyone.

- Once you die, all the wealth you amassed now will be owned by your family or someone else.
- Once you die, all the fame you accumulated will be forgotten
- Once you are gone, you will simply become a memory
- Once you are gone, time will erase all your footprints

*Why oh why man*, you have the pride of your body and attachment to your belongings. Everything will be left to the whim of the material world, once you merge with the creator.

Ok, this sounds too philosophical for the intellectual mind and actually boring. What if the same thing is actually real and practical as well?

- The company for which you work so hard each day, will replace you within an hour
- The money that you earned all your life could vanish in one single wrong move

Emphasis here is that, nothing matters in the **material world**. One wrong move and all the glory bites the dust. Since this is a bit negative in nature, no point in going on with more on the list, but the point is conveyed.

If the Body itself doesn't belong to you, because you are not your body (*as per previous explanations*), then what else does matter?

Now, this doesn't mean you quit everything and all relationships and go over to a jungle and start meditating. That is a Cowardly act. Instead what you must do is practice *Detachment* while being in this world, while continuing with your life/responsibilities.

## How to attain Detachment...

## Key – *Be Neutral*

Don't react to either positive or negative situation or outcome. This way you are simply allowing *what is*. No attachment and hence No baggage to carry. The more you practice this the sooner you will reach a stage where nothing will matter anymore and you will feel so light that you could fly, not literally of course.

When you slowly start this journey of detachment, all the onion layers start coming off. Eventually you would become like a child, *innocent and always happy*.

Isn't that the goal of our lives? To be happy? What if your happiness is not attached to an external thing? What if you are always happy, internally, within yourself?

The important thing to realize is that *Happiness lies within* and this can easily be proven as well.

**Example:** *Let us say you eat your most favorite sweet. Now, do all that you can to explain the amount of satisfaction/happiness/blissful feeling to another friend of yours in any which way you please to. Your friend will probably accept your statements, but he/she will be nowhere near what you experienced. 2 Reasons for this.*

- *Such experience is always internal and cannot be explained*
- *Each and everything eventually ties down to your state of being aka emotional state, which is nothing but internal feeling. Even when you derive pleasures from external entities, the feeling of satisfaction is always internal*

The day one realizes this simple thing, his/her life starts the *Detachment* process. This is what Lord Krishna mentioned in the Gita as well

*Do your duties, don't get attached with the outcome or even better yet, don't expect an outcome. Let it be...*

Ironically, humans are the only beings that expect an outcome and pretty much all acts are performed only upon the outcome is decided.

- An apple seed grows up to a tree, gives apples. Never expects anything in return
- A cow gives milk all her life, never expects anything in return
- A dog protects his/her owner/master, never expects anything in return

Yet, humans don't perform any activity without first defining and then quantifying the outcome. It is as if outcome dictates the activity, when it should be the other way around. Only then you will be detached.

All sages/gurus advice that *One should look within*. This is what they mean. Once you start detaching from the external/material world, you realize that everything you ever wanted has always been within *you*. There lies nothing outside of you.

The house that you live in and feel proud and happy to own, is external/outside of you. Yet, did you ever wonder that seeing an exact replica of your house owned by someone else doesn't



give you the same level of happiness/satisfaction as that of your own? Because you are simply attached to your house and that in turn is attached to your own emotions. What if you considered both, your house and the exact replica next door to be the same? You would then reach a state of *Detachment*. A state wherein you don't react. You simply *Observe*.

The money that you earn and have in your bank, what about that? That seems more real and without that one cannot live or survive, right? The same analogy is applicable here as well. If you look at another account that has exact same amount in it, why is it that you feel proud/satisfied/happy when you see just your account and not another one that looks exactly like your own? Because you are attached to your account in the form of memories/hard work/earnings and hence emotions and pride. But what if you get to a state wherein you do know that one of those two accounts belong to you, yet, you observe both accounts (*yours and the other one like yours*) with the same emotional state. That is when you are *detached*.

Having gone through some of the above examples and scenarios, one might argue that a) these are impractical and b) why exactly should one go through the pain of detachment at all?

*A tree that is deep rooted too cannot be uprooted. Likewise, a person who is attached deeply with his/her own external material things, cannot look within.*

Bottom line is, if one wants to get anywhere with spiritual journey and *knowing thyself*, he/she must start practicing Detachment right away.

### How long does it take...?

How soon can one be at a point where he/she is detached for the most part, because doing it 100% in a societal construct is virtually impossible. It simply depends on how deep rooted you are and how open you are to embracing the *new you* without any attachments. This requires a lot of dedication/commitment/determination.

### How does one know they are there...?

You will. In fact, you won't even know you were ever attached and that the feeling of detachment is what you have been looking all your life.

Now, this doesn't obviously mean one stops going to work/taking care of family/and everything else that surrounds a person. Everything continues as normal. In fact, nobody will notice any difference in you as a person, other than you yourself who is seeing things from a new perspective.

## Science behind the benefits of Detachment...

This might sound odd, but detachment has scientific benefits and can be proven that way as well.

What happens when a person is detached, the mental state that is?

- Emotional stability
- Smarter choices because of the emotional balance created
- Calmer person

How do these help you with your health as proven by science?

- Calmer and emotionally stable person will have
  - Lower blood pressure for obvious reasons.
  - Lower probability of all diseases. Now wait a minute, how is this possible? This requires its own explanation (below).
- Emotional stability helps you control your sudden dopamine or adrenalin rushes. Which in turn ensures your vitals (*Sugar/Blood pressure/etc.*) are always smooth.

When you are calm, your cortisol is under control. Cortisol is your stress hormone. It is pretty much active all the time because of our reptilian brains we are always in a *Fight or flight* mode. Unfortunately, what this means is that not only it won't let other hormones that are critical for our healthy living not be created, it leads to adrenalin rush. This in turn leads to a chain of reactions that only subsides when your body finally realizes that it must shut off its *Fight or flight* mode.

Unfortunately, the way we live today in our society, the ONLY time when such a thing happens is when we go to sleep. Just imagine what would happen to water/tea/or anything you put on a gas burner to boil all day long. What will happen to it after so many hours of boiling. This is our own state today.

Once you detach from material things and external world such that you become net-neutral and don't react to external stimuli, you get to a state wherein you literally curb your *Flight or fight* mode. Which in turn means, the entire chain reaction is broken and your body is always doing what it was meant to do. Live a healthy life.

There is much more to the science, but let us move on.

## Tips to help with Detachment process...

- **Affirmations** – These are things that you tell yourself all the time to motivate. All athletes and sports personnel do this daily. It is a process with which you keep reminding yourself of a particular thing.
  - Affirmations could simply be a routine in that you just do it like any other chore. It is still effective this way.
  - Affirmations if done as part of complete faith and belief, then the benefits are many fold compared to the way of doing as a chore.
  - Imagine a swimmer who keeps saying he is the best each day while brushing his teeth vs another one who lives and breathes swimming and wanting to become the best and doesn't rest until he does. Obviously the second one at least at the face of it has much better chance of reaching his goal compared to the first. Hence, the more you believe the more you do and this will happen without your effort/conscience.
- **Pull Back** – Now this is going to be a difficult advice to be given to anyone without knowing where they are in their life curve. But if one wants to start the process of detachment, he/she must slowdown in life and start the process of reversing all that he/she has done. Unlearn everything as much as is practically possible.
  - Unless you empty the jar, you filled with all your years of experience/knowledge/thoughts/ideas, you cannot be in a state of detachment. Because each of these will always lure you back in.
  - How do you do this? If you are focused on growing your career after doing this for years, take a step back and see if you must slow down.
  - If you have already made enough money, take a step back and see if what you have probably will suffice?
  - If you don't have enough money nor career, maybe you should start your life slow. If this is the path you wish to explore.
- **Purpose of life** – This could be a bit philosophical in the beginning, but eventually you can easily translate into practical life. If you feel you took birth to become something, earn a lot of money, explore the unexplored and then simply die off, then there is not a whole lot that can be done in the path of spirituality. But the very fact that you are reading this implies you question what is out there and want to learn or at least know what other options do you have.
  - Search for true purpose of your life.
- **Big Picture** – When one is completely engrossed in the cycle of life (*birth/education/work/marriage/kids/saving/retirement/death*), the bigger picture is lost. Most don't even know that there is a big picture beyond this cycle. When you start looking at things from a broader scope, you would start to realize how miniscule your own problems/attachments are. The world/life/this experience is much larger than what we believe it to be, and it is more beautiful than anything one has ever seen/experienced.

- **Let Go** – The sooner one starts the process of *Letting Go* the faster your path to Spirituality will be. I always cite a very simple example.

**Example:** *If I want to hold onto all the sand in my fist, the best way of doing that is NOT by folding the fist tight with sand in it. Instead just open your fist and keep the sand in it. In doing so, you will notice that all the sand that you put in there will live there until you try to throw it off.*

Likewise, the sooner you start realizing that all the external material *things* are just that, things, you will start to see life from a completely different perspective. And this is your *ultimate path* to Detachment

- **This too shall pass** – *The only thing that is permanent is Impermanence.* Once you realize this, life becomes just too beautiful. Think about it for a second. Recall the best day in your life, thus far. Was it not just too good. Yet, it passed and you are over it. Likewise, the worst day as well. Nothing stays. Because we are all in motion. What was today will be tomorrow and what is tomorrow will be day-after. Life is a constant thing and hence it makes more sense to detach from what is out there and what has already occurred.

## Observer effect...

This is going to be a very difficult topic to get around with.

- An Observer is the one who is observing an object – I am looking at the table
- An observed is the object that is being looked into – The table is being observed

In simplest terms, *The Observer and the Observed are the same.* Now, how is it even possible? Does this mean when I look at the table, I am the table?

Since this cannot be easily explained, I will use an analogy.

When you dream, there is a whole world in your dream. Yet, it is not real, but feels very real, though. Now, who is the creator of that dream? Without going into too much technical aspect of this, it is simply you, the dreamer. In short, you are the one *Observing* the dream and yet, you are the Observed as well. In this case, you are the observer and the observed is the dream. Both happen within you. Meaning, you are the object, in this case dream and you are the observer of the object, the dream itself.

Why is this confusing topic even relevant or needed as part of spiritual path? This helps with our overall understanding of the path. Everything is *Within you*. That is the reason, every sage/guru in all eras have emphasized on the fact that *If you change yourself, you change the world. The change begins with you. If you change the way you look, what you look at, changes.* When one realizes this concept, the duality merges into one. You become the observed and the observer.

Now, all these are too philosophical to digest. How about some practical examples to help understand this topic?

Since this is extremely difficult topic to explain intellectually, for now let us prove one side of the equation wrong. That doesn't imply the other side as right. But in the absence of any easier method, we must go this route.

**Example:** Let us say you are looking at a Dining table in two cases.

- A Physical table in your house
- A look alike in a 4D movie.

*Without experiencing the feeling by touching it physically which we will probably deal with in later books, let us only use visual mechanism here. You can see both and both seem equally real. Since you know it upfront that one is real and the other a projected image, it is easier for you to distinguish. But if you ask someone else to compare these two by looking at them, there is NO way they could. From their point of view, BOTH are the same. Yet, one is real the other one isn't.*

If in real world we are unable to draw a fine line between what is real and what is not, how do we know or not know that whatever we are perceiving within our brains is real or not? Is it at least possible that the act of observation and the act of being observed is merely the same?

I know the above example doesn't conclusively prove anything. But at least it helps in breaking the ice on this very difficult topic.

## Time doesn't exist...

Ok, this is stretching spirituality a bit too far. What has time anything to do with this whole topic and book? Please stay with me while we dig into this further...

What is time. From [Wiki...](#)

Time is the indefinite continued progress of existence and events that occur in apparently irreversible succession from the past through the present to the future. [1][2][3] Time is a component quantity of various measurements used to sequence events, to compare the duration of events or the intervals between them,

Couple prominent points that not just wiki accepts, but the entire scientific community as a fact and baseline.

- **Sequence of events** – Meaning Time is linear, moves only in one direction, forward

- **Continued progress of existence** – Meaning, creating memory along the way by associating past and present events and so on.

Consider for just a second, what if neither of the above is true nor a fact. One would just be lost, defining time at all.

So, is it possible that the current definition of time is perceived this way ONLY because we have been unable to either experience time in any other form OR because we have not been able to prove time to be anything else other than a linear boring entity?

When you question the baseline, interesting aspects start showing up and the story ahead gets a surprise element attached to it.

The obvious questions that will come to mind if the above definition must be questioned.

- I do see time in watches/calendar and everything is real
- Every living being ages, meaning they are getting older. Which in turn means some *time* component has elapsed and is measurable
- History is proof that time exists
- And so on...

If you notice, there are two things that come out of the *trying to prove time exist phenomena*.

- The current way of mapping events to time is considered a clear proof that time exists, without defining what time is and how could we map events in the absence of it.
- Time is also considered as a living proof using past/historical events.

This leads us to another very interesting topic. Does past/future exist? If we cannot define time any other way than how it is currently conceived, how do we know past/future exist? If time is memory and we erase memory, does this mean past is gone? We will discuss this later.

## Time is everywhere all the time...

What if time is something that exists all the time at all the places, instead of a linear cause-and-effect scheme? Is there a way we can try and at least bring up points to substantiate this?

Though it isn't easy as many other topics in this field, the very fact that sages/many others have been able to predict future does raise some questions as to how? How was Nostradamus able to predict events many years/centuries ahead of his time if time is linear in nature? Agreed, not all of them have come true. But even if ONE of those came true, that can't be simply a random event. And he has predicted like many others, quite many things that came true.

Even today, there are many who can and do predict future. In a linear time, model, it is difficult to digest how one could accommodate this concept if the time in which the event occurs has not even come into existence.

What if Time exists all the time? Meaning, our Past/Present/Future all co-exist. We only chose to live the present, because that's what we know of. But what if we were at an intellectual level or at the level of an enlightened being and able to see through all this?

The analogy of let's say *Genetic mutation* to a kindergartener fits perfectly here. A kindergartener is unable to even understand what it means, let alone comprehend it. But for someone who understands science can at least imagine the possibility of it existing. And for the very few who are into researching this as a profession, it is just a simple fact.

Could it be that those sages who predict future are at the same level as the professional scientist who works on Gene-mutation for a living? Just because we aren't there doesn't mean it isn't a possibility. We are obviously not a gene-mutation scientist (*assuming the reader isn't*), so it can't exist?

Once again, all of this probably proves nothing. But the point is that with each unanswered question we go farther from the *perceived reality* and closer to the *truth*.

## Removing time...

Let us remove time from our lives for a few minutes and see how we can function and define things. If we are still able to, then we might have a chance of creating a storyline that does NOT include time.

- **Explaining Ageing without time**

- Ageing could simply be explained as cell degradation that takes place because of usage. Even without time, this definition holds good. When time is added, all it does is quantifies the duration aspect of it. But we can very well survive without it being added.

- **Explaining History and past events without time**

- Think about it for a second. Whenever you must talk about past events in your own life, you would need to *recall* them. Meaning, you are digging through your own memory to explain past events.
- Is it possible that *time is merely memory*? What happens if you lived through 10 years of your life and caught a disease with which you forgot everything? Does that imply you didn't live those 10 human years because you cannot recall a thing? Far from the truth.

These things at least prove time doesn't exist the way we know it. And that even if we remove time from our lives as we live through it, nothing significant happens or changes.

## Why defining time is important...

If we can at least open-up to the possibility that time doesn't exist as we know it, which we clearly have, is it possible that we never die?

Let us tie a few pieces together to see if we can at least define this possibility from all that we have described until now, in all the previous chapters.

- We are NOT our body
- Time isn't linear
- Reality isn't what or how it looks like

By simply considering the above conclusions alone we can see that the *possibility* of the theory that *the real you never dies* increases significantly. Because if you are NOT your body and everything you experience inside the body is an illusion and the decomposing of your body attached to time in the current context doesn't define the *real you*, then the *real you* must obviously be *above* all this.

*You are a Soul experiencing reality inside a Body.*

Detachment from Time makes way for an easier transition into *Total detachment* aka *Vairagya*. It doesn't mean you leave everything and lose interest in everything and get depressed of sorts. It is in fact just the opposite. Once you have relinquished your ego, material expectations and time, you are NO longer at the mercy of *external stimuli* for being happy. Which in turn means, you will always be in a happy aka *Blissful* state because you know you are a soul that is beyond time and space. We will discuss this further in the section of Memory, shortly.

## Tips to help Time detachment...

- **You are eternal** – Once you remove time out the gate and realize you are not your body, all that is left is a *pure soul* that is ever-present/omnipresent/all joyful. You never die nor take birth. Your soul could very well assume different forms, akin to our own personalities while we live through our lives. We have a different personality for each one of these.
  - As a father/mother
  - As a husband/wife
  - As an employee
  - As an employer
  - As a friend
  - As a stranger
  - And so on...

Just because you have so many different personalities doesn't mean you become those. Those are merely transient in nature while you delve into something else. Until you realize eventually



that you always had only *one personality* and that is what you demonstrate after all your responsibilities are laid to rest.

- **Detachment with time** – What exactly do you need time for other than functioning in a societal construct? For someone who is living in a small village or remote jungle, he/she doesn't really need time. He/she can simply live the life one was supposed to live. Bound-less and boundary-less.

## Memory...

We all live in a world where we derive happiness or sadness by events that have passed, more than what is happening now.

- We recall *good old* days, more than the current ones because old days are always good as you cherry pick only those memories where you had a good time.
- Current moment, however beautiful, goes by much faster than one assumes and hence it forces one to capture moments rather than *being in it*
- Our lives are conditioned such that we feel better just by looking at events from the past, rather than just being in the event at a given moment
- There are always songs/pictures/places attached to good/bad experiences which become memories that we continue to recall
- And as usual, the list goes on...

As we discussed earlier, time as it is known today exists only in a state of memory. Now, consider a state wherein you just live the day and don't attach with anything or any event, which means you won't keep anything in your memory to recall. The more you practice this, the more you start living in the moment.

**Example:** Let us take the following chronology

- Currently you store say 20 years of memories that are scattered all over vaguely
- Let us say this hypothetically uses up 50% of your brain storage
- Each time you have an emotional reaction, your brain goes through entire 50% store to find the event that relates to the current context and triggers another reaction in current time
- This not only taxes your brain; you are simply trying to work through your memory for events that cannot be attributed to life as it stands today
- Say one day you decided to STOP storing so much and may be only 1% of yearly activity instead of earlier 20%.

- After another 20 years, say you are now left with only 5% of store utilization vs 50% in the past.
- If you continue to repeat this, you will reach a point in time wherein the memory footprint in your brain goes so low that you start enjoying the current moment much more and longer
- Since there is no memory, there is no attachment. This leads to a completely detached care-free life.

Now, I am not saying one should start doing this right away by forgetting everything, which makes for a practical nightmare. This is an option. But it comes with its own practical challenges. If you keep forgetting most of the stuff, you may have to face the obvious societal issues. Balance is the key. Start with storing only that you must and slowly start getting rid of stuff that probably aren't needed. The same we you clean your house of old things that are not in use any longer, you throw them away or donate out. Not because they are worthless. They are NOT worth for you anymore. You must start doing the same thing with your memory as well. Remove those memories that are no longer needed.

### Startling facts about memory...

You don't remember 99% of your life. You don't need science or superstitious beliefs to prove this. You can prove this yourself, right now

- Try to recall the best day you had last month
- Now try to isolate the best hour in that day for practical purposes that you will learn shortly
- Start a timer
- Try to narrate *that one hour* with as much detail as you possibly can remember
- How long was that? 1 minute? 2 or 3?
- How come the best day of your last month shrunk into an hour and all you could explain in detail, took 2-4 minutes? Why?

Because this is how our memory works. Memory is stored in the form of *mental images*. You can store only as many. And when you try to express these images in words, you don't have a lot of information. Why? Because, in life these images are changing every 1/Billionth of a second as reality moves. However, when you store in your memory, these are simply snapshots in time.

If you are designed to forget everything why do you worry about storing non-important stuff in memory to begin with? This is the *crux* of detachment with memory/time and detachment as a whole. Once you realize this, your life will change forever. You will feel extremely light once you slowly start incorporating this in your life.

Mind you though, this isn't simple. And yes, it comes with lots of logistical challenges. ***This is NOT recommended for anyone to try.*** Unless of course you know what you are doing and have confidence that you can sail through this.

***As always, I am NOT going to be responsible for your actions, good/bad.***

*You are solely responsible for anything you read/try.*

## Doer Theory...

This is going to be the *most important topic* in spirituality. There are two main chains of thoughts and accordingly their lineages/legacies.

- One stream considers We are the Doers
- The other stream considers, we are *NOT* the Doers

But what exactly is “Doer concept”?

In a nutshell, if you believe you are doing all actions and you are the one leading up to everything that happens in your life, you fall in the first category of believers/followers/lineage

On the other hand, if you believe you are merely an observer and everything is being done on its own and probably influenced/controlled by some higher intelligence beyond our comprehension, you fall in the second category of believers/followers/lineage.

Now, you could very well follow one or the other or maybe even a hybrid model. There is NO right or wrong path to choose from.

I am in the *We are NOT the Doers* camp. Not because someone told me to be that way. But these are my own experiences/realizations along my own spiritual journey. Am I right? I Don't know. But at least until I study/experience/realize something else, this is *what is*.

## Arguments in favor...

- I can physically see everything around and whatever I do, I see a cause-and-effect that I personally can validate
- I have my *free-will* and that is clear by the choices I make every minute of my life
- The fact that I am NOT in control of everything I do in my life and that it is controlled by something or someone that I don't know and can't see/validate myself is absurd

## Arguments against...

- If I have the free-will to make decisions and choose from all the options I have, for everything I do in my life, why is it that I cannot control the outcome

- Given the same set of parameters (*for comparison purposes*), how does the outcome not stay the same.

### Conclusion...

It is very difficult to conclude one way or another and this conclusion is tightly coupled with your own belief systems and personal experiences. However, I will present some real-world examples that assisted me in my own understanding of this concept in favor of the *Non-Doer*.

### Points to ponder...

- When you say I live by breathing. Is that something you do? NO. *Breathing happens*.
- When you say, I am going to go to bed/sleep. Is that something you do? NO. *Sleep happens*. Try sleeping and you will realize that all you can do is go to bed. Sleep will happen when it must happen, unless of course you have external stimuli (*Alcohol/drugs/etc.*)
- When you say, I am thinking. Is that something you do? NO. *Thinking happens*. You don't think the thought. The thought *Comes* to your mind.
- When you say, I am seeing. Is that something you do? NO. *Seeing happens*. You just keep your eyes open and everything is seen/processed in your brain.

This list goes on. In summary, if you are NOT actually doing the most basic activities for a human to live/survive on your own and it just *happens* to you, then rest of the stuff becomes pale in comparison. In short, what exactly are the activities that you DO?

Nothing.

Well, NOT really. Anything that you DO in the *Current moment* with all your consciousness is the *ONLY* thing YOU do. This is what we call by various names.

- Living in the now
- Conscious meditation
- God space
- The pause between the past and the future
- Universal Energy
- The oneness
- Blissful state
- The eternal peace
- Ever present/Omnipresent experience
- Merging with the One/the supreme/the Creator

- Shedding of the self
- Ego-less all loving consciousness
- Realizing the *Brahman*

When you are in this *God space*, you are the Doer. However, even in this space you are merely doing something *Consciously*. You still are just an actor following the script of the supreme. Everything is *pre-ordained*. I realize this is very difficult to accept with the *Self Aka Ego* hovering over one's personality. However, if you truly want to experience the *God space* aka *Universal energy*, the duality must go.

**Duality** --- The most important aspect to understand if one must shed this and become one with the one.

- EGO that defines the outer manifestation of the Real YOU
- And then the real YOU aka your soul/consciousness

Only when you shed your disguised self will you realize your real self.

## Examples...

**Example 1:** Very simple experiment.

- Objective is to drive from point A to point B that is at least 30-45 minutes far apart
- Just 2 people, maybe friends choose to participate. You can have even more, to validate this with even more stronger evidence
- Both use the same cars and have the same GPS app, let's say Google Maps
- Both make sure they drive exactly at or near the posted speed limits

What do you think the outcome of this will be? Regardless of what it is, the likelihood of both reaching at different times is much higher than both ending up at the same time.

If all the parameters are strictly ensured to be the same, why is it that the outcome is different pretty much all the time? Scientific experiments and validations need reproducibility using standard set of parameters. In this case, how would science be put into practice if each time the outcome is different for the same set of input parameters/boundary items?

If You are the DOER, then both folks should reach Point B at the same time. At least that's how we would deduce logically. Yet, this isn't how it works out to be.

**Example 2:** Variation to the above example

- You choose to go from point A to point B
- There are at least 5 different ways to reach point B from A
- What do you think are the outcomes of this experiment going to be?

**Analysis:** All you have is the *Choice* of which route to take. Once selected you have no way to control the following.

- If it takes 10 minutes using any route from A to B, how long will it take when you conduct this experiment
- No way of knowing if you will ever reach point B
- No way of knowing if you would reach on time and if you would need to reroute yourself because of traffic that might suddenly show up.

Point is that if we cannot control outcomes, what exactly do we mean by the statement, *we are the Doers with Free-Will and control our destiny or at least influence it.*

In both the examples above, the only thing evident is that One does seem to have the *Option to choose* and this could be considered *Free-Will*. Outcome or Destiny is not within our own control, ever. Which in turn means, someone or something is controlling it? If we at least consider this as a possibility, then the question arises. What about the *Option to choose*? Is it possible that even the *options we choose* are not ours and that we don't really have free will as we know it?

Since it is NOT possible to prove it either ways, we just must live with our own experiences one way or another. My intent is NOT to sway the reader to anything. I am only presenting *what is* and what I have experienced and how. It may or may not help you, because each one of us are different and what works for me, may not for you.

### On the flip side...

What exactly are we going to miss, if we assume that *We are NOT the doers*? The only thing comes to mind is that you will have NO ego. Because Ego is what attaches itself with an activity.

- I did this
- I achieved this
- I made this
- I am rich

If you accept that *You are NOT the doer* and move on with life, it is beneficial because it will strongly help you get your Ego out the way. As we discussed earlier, Ego is one of the key pre-requisites that must be removed from oneself to get anywhere with Spirituality.

### How can one lead a practical life being a Non-Doer...?

If you think about it, nothing really changes. You continue doing what you have been doing.

- Continue with your responsibilities
- Continue with your professional and personal life

- Go out, visit places and have fun

All that changes are the *way you look at things*. The things remain the same, before/after. We once again bump into the saying, *when you change the way you look at things, things change*.

If that be the case, is it possible that everything lies within our own selves? Because all we did was change our own self and external things started reacting differently. You will observe a significant change in how things start interacting with you, after you have gone through this process and reached a state of Ego-less, I am a Non-Doer.

Of course, this doesn't mean you and your body is NOT attached to the action itself. Your body must bear the consequences of the actions it takes, whether you are the doer or not. You cannot simply do good or even bad things and try to escape saying, I am NOT the doer so the supreme/universal energy/GOD is responsible for my actions.

## Karma and Karmic Cycle...

This is a topic that almost all of us can attach with because it is widely known and is popular. But what exactly is this?

Karma – *What you sow is what you reap. You must bear the consequences of your action.*

That's the definition of Karma. However, what very few people know is that *Karma is only attached to the Body*. If you believe and live a life of *I am not my body*, then there is no Karma attached to *the real you* aka soul. Your body still must go through the cycle. Even if you believe you are not your body and do something bad, your body still must bear the consequences and vice-versa.

First off, there is no way to prove or even disprove this. So, we either accept or deny it. If we accept it, then our burden to address the karma and its cycle reduces drastically. We are out of the dreaded loop in simple terms.

Then the question may arise, what does this small technical statement do if we still must go through the karmic cycle?

What this statement does is, it makes way for *Moksha* aka end to our Karmic Cycle or popularly known as Reincarnation cycle. Until such time one believes that karma is attached to the person, he/she must be reborn to fix up the baggage, both good/bad.

Let us say you did some bad things in this life. You don't repent nor fix yourself. You obviously are nowhere near spirituality or else you would have already done these. Which in turn means, all your sins are attached to your body. If you die, you are reborn to fix all that you didn't fix in your previous birth. And so, the cycle goes on.

Once you realize that karma is only attached to your body and not the *Real you*, you are literally expelled out of the karmic cycle and the chance of your reincarnation goes down significantly. Again, you must take this with a pinch of salt as this isn't a science experiment for me to be offering proofs.

How do I know all of this? Honestly, I don't know. It is possible that this information was just given/passed into me and I am doing the same, through this medium of a book.

In short, if your aim is to get out of the reincarnation loop, the very first thing to do is to stop this loop by denying Karma to be attached to the *Real you* aka the soul and then work towards the spiritual path which will eventually heal all your karmic burden.

### Reincarnation, are you serious...?

It is very difficult to accept such a thing to exist, for an intellectual mind. But there are cases that have been researched scientifically for decades on this topic and you can scout the internet or amazon books for more info. But if you believe you are the body, explaining reincarnation scientifically is easy, to an extent.

*Matter can never be destroyed*

This is a *scientific fact*. Now, if matter can never be destroyed and we are matter, doesn't that prove that we never die? But since few can recall past lives, we are simply reborn into another physical structure.

This may not be 100% conclusive proof, but spirituality isn't an easy read. There aren't scientific studies around this. Which in turn means, we must live with all the information we have and create a storyline that best fits a scientific study.

### Chanting...

Repeating certain words or phrases of words to attain spiritual freedom/enlightenment and embrace God has been in practice for as long as historical records of our first ancestors are out there. Even in today's world, this is NOT just limited to a certain sect/religion. It is something that is practiced in all of them. So, what exactly does chanting do and how does it help one to start/reach spiritual path/enlightenment? To understand this, we will take a small detour into Science behind this...



## Science behind Chanting...

The word *OM* or *OHM* has been known to humanity for centuries. The obvious *fact* is that if it were merely a myth, it wouldn't have survived this long and with such deep significance/meaning. Without going into the details on the origins of this and the likes, let us understand what does it do?

First off, when you repeat and chant the same thing continuously for long, you go into deep trance/self-hypnotized meditative state. This is the reason for its existence and even today in many cultures this is prevalent. If you visit any of the tribes that are still living in stone age and don't mingle with society, not just individual chanting, but *group chanting* is something that they perform as a ritual frequently

Our brain functions create different perception and consciousness based on the wave frequency we embrace. Let us understand the various frequencies that our brain works with

- **Beta wave** – Waking consciousness
- **Alpha wave** – deep relaxation
- **Theta wave** – slight meditation
- **Delta wave** – Deep sleep

We spend most of our conscious lives within the first two. Only when we embrace and slow down our own mental activity/chatter we enter Theta wave, *consciously*. This is what you achieve when you meditate. It is extremely difficult to be in a Delta wave *consciously* and only the Great sages who could practice this for decades, get there. It is called *Samadhi*. Otherwise, every being experiences this as part of their sleep state.

Now the question arises. What has all this got to do with Chanting?

Repeated chanting takes your brain into *Theta wave* state as does *deep meditation* and other forms discussed and not discussed in this book. However, there is at least ONE additional benefit that you get from Chanting at least *OM/OHM* repeatedly daily and we are going to explore the science behind this.

One of the less known parts of Human physiology is the *Vagal nerve or the Vagal pathway*. This is a nerve that runs from beneath/around the gut/stomach/intestines all the way up to the brain. This is what is also referred to as the source of *Gut-brain access*. When someone says *I have a Gut feeling*, this nerve is supposedly carrying the signals from the Gut to the brain with the *supposed feeling*.

In the *Chakra system*, the activation of Kundalini is expressed in the form of a liquid physically flowing all the way from the lowest chakra to the top most, crown chakra in the brain. Now, this is just a theory and passed down for generations as a known fact. No way to prove this, so we shall take this at the face value of it. But folks who have experienced Kundalini activation have elaborated their experience on these lines and many accounts stand in the open.

Is it possible that *Vagal pathway* is the kundalini in its physical form and the liquid that flows up to the crown chakra or the brain is in fact the enlightenment experience in the ascension journey of spirituality? One must experience it to know it. NO science will ever attempt to prove any of this as it is a taboo subject.

Chanting of *OM/OHM* not only gets you into Theta wave brain frequency, it apparently also helps the fluid aka kundalini awaken.

One of the oldest known civilizations, Egyptians, surprisingly practiced either chanting of OM or a flavor of it. The way they used to describe this, nearly 10000+ years ago (*texts/scriptures in Egypt depict this*) is that *Chanting of OM/OHM* activates a secret passage within the throat. This information was only available at that time to the very high priests. The part that activates/opens the supposed *secret passage* is the emphasis on the *M* in OM. This is the reason *M* is so prevalent in all the major religions.

- oM - Hindu
- aMen – Christianity
- MohaMMed – Muslims

Is it possible that what they were referring to is merely the *Throat chakra* which when activated, helped Kundalini reach the crown? Only way to know is to try this yourself. Let us see what we have thus far...

- Science has proven that when one is in Theta wave or lower, they go into a deep meditative state
- Chanting has been in practice for centuries and even now followed by tribes all over
- Vagal pathways act as Gut-brain access and send/receive tons of information daily
- Chakras and Kundalini activation through meditative states – Not proven, but only way to do so is test/try it out ourselves
- Chanting of OM specially kicks open a secret chamber within the throat as expressed by the Egyptians, in line with Chakra/Kundalini activation – Fact and can be verified, but whether it does what they say again must be validated personally only

In closing, chanting is a study and is a doorway to spiritual ascension. If combined with other forms, it only enhances one's path/journey.

## Meditation...

We have gone this far in our journey without the mention of Meditation, should sound a little odd. Because it is considered one of the pivotal requirements and in some cases pre-requisite for any kind of spiritual growth/attainment. I had a couple of issues with meditation, personally and hence put this off for later.

- I have been unable to meditate the conventional way after many months/years of trials
- I personally am NOT in the camp where conventional meditation is required for spiritual attainment

## Conventional Meditation...

I am NO expert here and *I could be wrong*, but the way it is done/taught today gives an impression that it must be performed as an *Activity*. Anything that you do as an activity/chore is not going to get you anywhere.

**Example:** In almost all cultures and especially in Indian, it is considered that one must start becoming more religious/spiritual after they are done with their worldly responsibilities

- Kids' education and their settlement
- Personal retirement
- No other strings attached anymore with one's life

After one reaches this state, they now devote most of the *left-out life* in the quest or service of God. Unfortunately, this is just the wrong way of practicing devotion.

If one waits all their life and dedicates the last few years to the service of God, then it is yet again considered a chore/activity that you put off for last, based on your own priorities in life. To be in the path of God/Spirituality, the time to start is *Today*. You must live what you do; you cannot simply allot some time to do that thing.

Likewise, you cannot allocate time to meditate as a *chore*. If you are peaceful, you are always in a meditative state. That doesn't mean you are closing your eyes and meditating physically every second of your life, which is impossible and impractical. To understand this one must understand what you get out of meditation, the objective that is.

Why does one do meditation?

- Inner peace
- Slow down their mental activity, taming the monkey mind
- Bringing one back to the *Now* – Complete awareness
- Experience *What is*
- And the list could go on, but most important aspects are covered. One might add day-to-day stuff like, reducing stress/improving health and so on...

There are obviously many ways to achieving all this and the conventional way is to control breathing and sticking to one thought. But what if you can achieve all the above without trying as if it were a chore? Wouldn't that be the best-case scenario for your Meditative state? This is what you become when you have followed all that has been said earlier.

I have nothing against meditation and folks following the conventional meditation practice. Maybe I must spend more time to learn this out. All I am doing here is, show my own path. And that did NOT involve the conventional meditation. Not saying I have reached a state in my own spiritual journey whereby this won't be needed/required.

*Spirituality is a journey. It ends when one dies (within the context of soul taking a form in this body).*

## Love vs Fear...

When it comes to emotions, almost ALL emotions that are out there culminate into these two

- Love
- Fear

The supreme/Creator/Universal Energy/God is all about Love. There is nothing else, nothing more. *This is*. Choose love. Even if you were not spiritual, fear shouldn't be something you should have in your emotional construct. Love is all there is. Now the most important question, how does one practice love OR rather get rid of Fear.

Almost ALL fears eventually culminate into *Death*. There is nothing more fearful than *loss of self* aka death. Once you overcome the *Fear of death*, you don't have to practice love anymore. You *become love*. Because there is no more fear of anything else.

Overcoming death isn't easy. But if you have followed through on all that is discussed until now, it should become easier. Things that will help...

- You are NOT your body
- You are NOT the doer

Taking just these two into account one comes up with a conclusion with decent amount of confidence that you, the real self, doesn't die. Because you are simply a soul that has permeated this body that you identify with as *You*. If you realize that you are ever present/omnipresent soul, then your fear dissolves and you will become love. A state of blissful happiness ensues after that.

## We are all ONE...

This is going to be one of the last steps in your spiritual journey. Once you realize that

- There is nothing outside of you
- Everything lies within
- Everything that manifests physically outside of you is merely you
- We are all one

You have reached a state in your spiritual path wherein you have crossed most of the hurdles. How does one know we are all one and practice this step to learn/understand and experience it?

## Science behind this...

Quantum entanglement ([https://en.wikipedia.org/wiki/Quantum\\_entanglement](https://en.wikipedia.org/wiki/Quantum_entanglement)) is one of the ways Science is slowly trying to prove that everything exists in a single state and there is nothing separate. Ok, this might be too technical and that too on a topic which is yet to start its journey, let alone matured with proof/replication opportunities.

We have only briefly touched on the topic of Consciousness in that everything we experience is contained within it. Now, what happens when each one of us with our own consciousness come together? We form a Global consciousness. The supreme/the one/Universal energy is nothing but mass of ever expanding infinite consciousness.

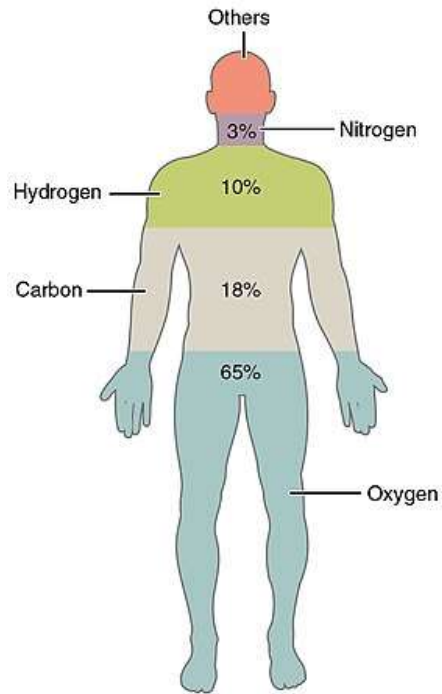
If we are all part of that consciousness, then it is very simple to conclude that there is NO separateness and that we are all one.

Think of a dream. In your dream, you see lots of characters. But all these are characters that merely are contained within you. Others obviously cannot see your dream. Which in turn means, that all the characters are within you, the dreamer. Similarly, everything that you see outside of you is merely a reflection of your consciousness that creates a reality for you. This is a huge topic and probably for another book. But for now, just start thinking that there is nothing that is separate from you. You are everything and everything is you.

## More Science...

**Example:** Each one of us are formed with the SAME material and mineral composition.

From Wiki ([https://en.wikipedia.org/wiki/File:201\\_Elements\\_of\\_the\\_Human\\_Body-01.jpg](https://en.wikipedia.org/wiki/File:201_Elements_of_the_Human_Body-01.jpg))



Element	Symbol	Percentage in Body
Oxygen	O	65.0
Carbon	C	18.5
Hydrogen	H	9.5
Nitrogen	N	3.2
Calcium	Ca	1.5
Phosphorus	P	1.0
Potassium	K	0.4
Sulfur	S	0.3
Sodium	Na	0.2
Chlorine	Cl	0.2
Magnesium	Mg	0.1
Trace elements include boron (B), chromium (Cr), cobalt (Co), copper (Cu), fluorine (F), iodine (I), iron (Fe), manganese (Mn), molybdenum (Mo), selenium (Se), silicon (Si), tin (Sn), vanadium (V), and zinc (Zn).		less than 1.0

All plants are formed with the SAME material and mineral composition as humans. The overlap is astounding (<https://courses.lumenlearning.com/boundless-biology/chapter/nutritional-requirements-of-plants/>)

Essential Elements for Plant Growth	
Macronutrients	Micronutrients
Carbon (C)	Iron (Fe)
Hydrogen (H)	Manganese (Mn)
Oxygen (O)	Boron (B)
Nitrogen (N)	Molybdenum (Mo)
Phosphorus (P)	Copper (Cu)
Potassium (K)	Zinc (Zn)
Calcium (Ca)	Chlorine (Cl)
Magnesium (Mg)	Nickel (Ni)
Sulfur (S)	Cobalt (Co)
	Sodium (S)
	Silicon (Si)

Let this sink in for a moment.

- All human beings are formed with the same material
- All plants too are made with the same material
- BOTH, humans, and plants are made with the same material

If the above in itself doesn't help you see the bigger picture that we are all connected, then it is hard to explain this concept any further. But the sheer overlap among the same species and others is by no means *a matter of chance*.

**Example:** Let us run through a chronology of birth/death/rebirth. No voodoo or superstitious stuff. Plain logical sequence.

- Person A is conceived in the womb of the mother
- Person A's mom eats all the healthy food
  - Every plant and even animal food she consumes is coming from mother Earth
  - Everything she consumes, she is made up of the same stuff
- Person A comes to life
- Person A lives and the dies eventually
  - After death, either the body is burnt or decomposed

- In BOTH cases, all the minerals we were made up of return to Mother Earth
- Person B is conceived and the same cycle continues forever

In the above example, if you noticed carefully, we are all being formed with the same material to take different forms. We are all simply connected.

- Let us say we had 100 Kilo of each mineral
- Person A's mom consumed 1 Kilo of each, to give birth to person A
- Person A lives and eventually dies
- Person A decomposes and releases either the same amount or the likes, back to mother earth
- And the same mineral composition is used to construct another human

At the core, we are all constructed with the same material, how can we be different and separate from one another.

## Merging with the ONE...

This is the last step in one's spiritual journey as I know it. *I could be wrong* and would love to hear more from fellow beings. My contact details are on the first page.

Once you have realized you are not separate from everything else there is, all that is left is you. When you slowly start realizing that you also don't exist, you merge with the supreme aka God Consciousness. This is what Puranas in India call, **Samadhi**.



# Chapter 5

## Grand Finale... What/Who is God...

If all the previous chapters are about how to go within our own selves and eventually merge with *the one*, the obvious question ensues. What or Who is *the One*? This is obviously the most difficult question ever posed to a mortal being and equally difficult to understand/comprehend with our level of knowledge/understanding.

*(Our) Finite mind cannot comprehend the infinite.*

So how does one define the supreme and understand/align with it/him/her?

God isn't an entity so to speak, not at least in the context of this conversation and how what we must know. The various ways to define...

- The Creator, the supreme
- The ever expanding, omnipresent and infinite Consciousness
- The one that is always present everywhere all the time
- God is Energy
- And so on...

This still sounds very high level and philosophical. So, let us try and break this down as much as is possible.

## Step back for a second...

Consider *you are a Creator*, an artist. You created a dummy human and a wonderful place for that human to fit into. What if all your creation comes alive? You can still see everything in action and feel great about it, but *YOU personally* cannot experience any of it.

The only way you the Creator can experience the awesomeness of your own creation is through the human you created. See the beauty of creation and God himself/herself? The more you learn this, the *humbler* you become.

No wonder, the adage *God is within you* has been so strongly prevalent. Because, GOD is *literally* within you. God is experiencing everything that you are experiencing, *through you*. The phrase *See no evil, hear no evil, speak no evil* isn't something that is for us to learn discipline and be good kids/adults. It is literally used/enforced because you obviously cannot have GOD experience anything that is constituted as BAD, through you.

Once you realize this, all you ever want to do is Be happy yourself and let the God that is within you be happy always. There is nothing else to do or experience.

## The Supreme Consciousness...

Over the past few decades even science is slowly catching up to this fact that not only are we all having our own consciousness and co-creating/experiencing a collective consciousness, there is an ocean of infinite consciousness that is out there which is nothing but the supreme, the GOD. Also known as God consciousness.

GCP (*Global consciousness project*) has been undertaken on these lines for the past few years and the scientifically captured metrics/results are mind-shattering, so to speak.

<http://noosphere.princeton.edu/>

In mythical texts, this is referred to as the *Akashik record*. A place beyond time and space where everything is written/read from/happening. Think of it is like an ever-expanding Hard drive for your computer that is always there with all the information that has ever been known/written/experienced. A master computer of eternity. This master computer/hard drive is the consciousness that we talk about and refer to all the time. This is what creates reality for us. We will come back to this shortly.

## Our own Thoughts...

When you say *I thought* or *I had an idea*, from where exactly are these things coming to you? We don't want to go into the detailed science surrounding it, but this is important to understand the overall nature of *Supreme consciousness*.

Is it possible that our own thoughts are coming from this sea of information floating around? Yes, is the affirmative answer. Nothing is our own. Nothing belongs to us. Everything is already available and present out there. Many sages have been stating the following for centuries...

*Every thought and idea that we have, is always present. There is nothing new or created.*

Think of this for a second.

1. You must think to get an idea
2. You start deeply concentrating on it
3. You think from all the angles there is
4. And *suddenly* unexpectedly, you get an answer

How do you suppose or where do you suppose *Step 4* above showed up from? Is it possible that you simply pointed your antenna (*brain/consciousness*) to the information that is already available that you needed and voila, like magic your problem is resolved? This might sound farfetched. But what if we have scientific proof for this phenomenon?

One interesting aspect that explains this is *Multiple discovery*.

([https://en.wikipedia.org/wiki/Multiple\\_discovery](https://en.wikipedia.org/wiki/Multiple_discovery))

*The concept of **multiple discovery** (also known as **simultaneous invention**)<sup>[1][better source needed]</sup> is the hypothesis that most scientific discoveries and inventions are made independently and more or less simultaneously by multiple scientists and inventors.<sup>[2][page needed]</sup> The concept of multiple discovery opposes a traditional view—the "**heroic theory**" of invention and discovery.<sup>[not verified in body]</sup>*

If all thoughts are unique and have a fingerprint of only a single individual, how is it that so many inventions that take centuries to formulate, have happened around the same time in different parts of the world? Once is a coincidence, but there is a huge list. List of multiple discoveries

([https://en.wikipedia.org/wiki/List\\_of\\_multiple\\_discoveries](https://en.wikipedia.org/wiki/List_of_multiple_discoveries))

This clearly proves that multiple folks that invent the same thing at the same time without ever getting in touch with one another are probably hooking up to the same place in the *Super consciousness* that contains this information.

What exactly remains *Original* anymore now? If everything there ever was, is and will be has already been written and made available, there is nothing original anymore. We are all merely plugging into the right records in the sea of consciousness and expressing them outwardly. This also blends nicely with the theory that *Everything is pre-ordained*.

*Nothing, I mean Nothing ever happens by accident.*

The fact that there have been sages and even common folks who could correctly predict future clearly tells us that everything has already been written out. Just because we are unable to plug into that piece of information and know our own future doesn't mean it doesn't exist.

On the other side, the entire human race is literally in a race to find out what their future holds without answering a very simple question, Why? Why do you ever want to know what is in store for your future? Would you ever want to see the *Climax* of the movie in the very beginning? Then why would you want to know what and how your life is going to go about?

Life is all about experiencing the flow as it comes, as it happens. Let the Super Consciousness drive you through this. There is nothing to worry about.

*You don't make life happen, Life happens **to you***

## God is Energy...

Ever wonder how does one feel alive? The common theme and understanding is that our heart beats so we are alive. But what exactly makes the heart beat? Conventional science will tell us that it beats because we eat food which gets converted into calories and energy/ATP and that fuels our heart which runs until one day it dies. And when it stops working, even after eating food and giving it all the calories, what we are told is that as we age we eventually must die out.

However, the question on what makes the heart continue to beat is lost in translation. Heart beats and you feel alive because of what we call *Life Force* also known as *Prana* or *Chi*. In simple terms, *Energy*.

Way back when, even Einstein stated that everything is energy. We are energy. We are light. We are light force. I really don't want to dig into science to the extent that we sway away from the core of this book and the idea to keep it simple. However, at the core, everything is an atom.

Time/Space/Atoms/Everything is in a constant motion. This can only happen if there is either a visible or subtle force doing this. This is what we call the *Life Force* or energy. God is nothing but this energy itself.

Everything is alive. Everything is conscious. Everything is flowing and moving all the time. The movement is always relative in nature and that's why one assumes a rock is stationary and is a non-living entity. There is nothing that is NOT alive. If something has physically manifested itself into this reality, it is alive and has consciousness. Levels of consciousness is different of course. Therefore, the saying *God is in everything and is everywhere all the time*.

## Form and Formless GOD...

If God is all the above, then who do we pray in temples/churches/masjids etc.? Is that not god?

Without going too deep into religion, that God is the same as the God being stated here. Not everyone can imagine/pray/talk to/believe in something that they cannot attach form to. It isn't easy to say, pray energy around you to help you with whatever you are doing. It is always easier for most folks to attach/associate to a form. This was the reason form based Gods were created. Unfortunately, folks started praying the form rather than the God himself/herself.

What form you associate with, a form based or formless God, it really doesn't matter. So long as you believe in the Creator/Supreme entity and eventually think you are going to merge with the supreme consciousness, your path to the final ascension of Spiritual journey is all set and in the right direction.

## Why merging with the one...?

Even if we assume God exists in those many forms, why is there a need to merge with God as the last step in the spiritual journey?

In simple terms, it is like returning *Home*. Like you were born out of earth and formed with all the minerals from earth while returning to earth after you die and your body decomposes, similarly, you are merely a part of ever expanding ever present consciousness. You were born out of this so you could have your own consciousness and experience. Once you die, you will eventually return to the mass consciousness. This is what *Samadhi* is all about. Returning to the supreme consciousness.

## Why so much of pain in the world with God seeing it...?

No parent wants their kids to go through pain/hardship/worry/suffering. However, one can never learn anything if all they see and experience are roses in their lives. All situations/people who come into their life are literally to teach you. There is NO other way out of this.

One should be grateful to their enemies and those that think and want you to suffer. They are the ones that are teaching you how to overcome such negativity and develop forgiveness/detachment/resilience/much more.

There is another theory to all of this though. As with everything else, please take this too with a pinch of salt as you won't find proof googling it or otherwise.

*Soul Contracts* – Before a soul takes the form through a body, the soul decides on the path the body is going to go through to achieve whatever it wants to achieve.

**Example:** If a soul wants to be enlightened in its lifetime and believes it must improve on say 10 things, it will select all the hurdles that will teach the soul in the form of the body to learn those 10 things. From a mortal standpoint, we think that such a person is going through a rough/bad phase/life, if those 10 hurdles cause such a pain. But these were devised by the very same person who chose those because he/she knew they were the ones the body must go through to reach whatever he/she aimed at, in this case, enlightenment.

If the above theory is in fact true and possible, then all the suffering/pain you see around you/the whole world is *by choice* and *not by accident*.

## How to experience God...?

In this path, the physical form is not even in consideration. Which means, you cannot ever see God. But the one thing you can do is *experience God*. When you have reached a level of consciousness and traversed a good amount through your spiritual path, you will slowly start experiencing what everyone calls God. In a way, YOU become GOD. Not in literal sense, but once you realize GOD is within you and can *feel*, you then are.

## What to expect in this path...?

As with any journey, this isn't a cakewalk. You are going to go through many emotional/personal ups/downs. This isn't for everyone and not of course for the faint hearted. That's why the pre-requisites should be used as a determining factor in choosing this path.

Some of the emotions I experienced...

- Loneliness
- Anxiety
- Depression
- Aimless/Meaningless existence
- Fear / extreme

What others might face in addition to the above

- Societal pressures
- Professional challenges
- Emotional turbulence

## How to validate if you are on the right track...

You should slowly start to experience some or all the following...

- Loss of self
- Always in a blissful happy state
- Live within your own self
- Partial or complete state of detachment
- Less or NO reaction/judgement
- Most importantly – Silence
- Nothing matters anymore
- Leave everything to the Supreme/Universal Energy, there is NO worry and nothing to worry
- Only love and compassion for the self and everyone
- You are all and all are you, there is NO sense of separateness
- You start realizing you are consciousness and eventually start merging with the super/supreme consciousness

## Let the Journey Begin...

There are NO conclusions to this topic and NO ending. If you have reached this far reading this through, you are well on your way to an *awesome experience*. I personally wish you all the very best in this journey and I am sure there are many more souls on this planet who are wishing the same for you.

*Remember, you are NOT alone.*

## What if I have already crossed all...

If you have already crossed all that is stated in this book, then many more souls are waiting for a soul such as yourself. I am *nobody* to advice anyone, but if you have already climbed a summit, the best thing you can do is to help others climb it as well.

*All answers lie within... Silence will lead you to them...*

*By the Grace of God only can you get the grace of God.*

# Chapter 6

## FAQs – Frequently asked questions...

### I already follow a religion and believe in a specific God, should I stop all that. How should one proceed...?

Far from the truth. As mentioned in one of the previous chapters, God of any kind that you have a picture of in your mind is merely a form. If you want to use that form and continue on this path, that would be the best approach. This book is NOT about bashing other Gods/Religions/beliefs. In fact, whatever one is following to tread this path is already the best.

In short, please do NOT stop anything you are already doing. You will eventually find your way. Each one of us must **walk the path** on our own and likewise our experiences will be completely different from one another. This book was solely presented to give the reader more clarity on topics that either they were unaware of OR didn't have answers for.

Likewise, Religion has nothing to do with spirituality as it stands today at least. If you are following one religion or another, please do so. Each religion has so much to offer that one lifetime isn't enough to learn and understand about our own culture/humanity/history/purpose, that is beyond fascinating.

### I am already in bhakti marg. I go to temple/church often and pray/chant for hours. What should I do next...?

As mentioned earlier, there is NO need to stop anything you are already doing. Instead try and incorporate what has been stated in this book, mostly under pre-requisites.

Spirituality isn't about **becoming something or someone** using some methods. It is about **unbecoming** what one has become. To know oneself. To know the real purpose/meaning of life. To get there, any and all means are equally good. There is NO one path better than the other.

In short, please continue doing what you are doing. Take whatever you can, from this book and continue your journey.